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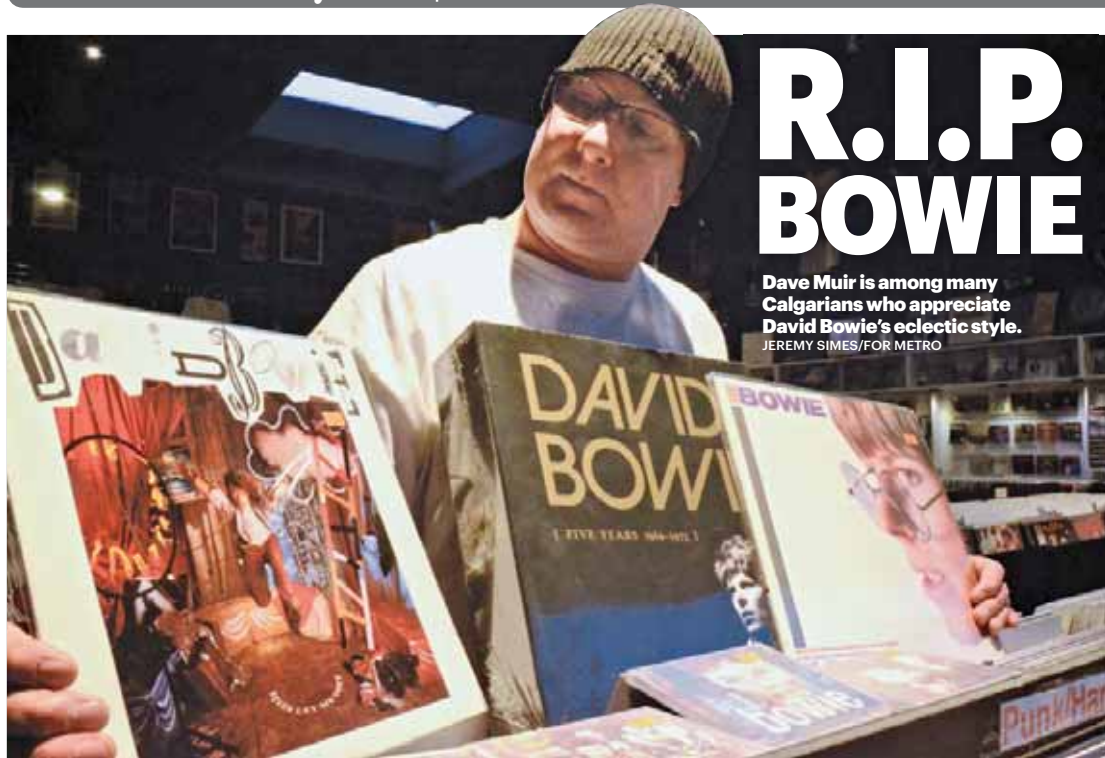
**CANADIAN FREED
FROM TALIBAN**

metroNEWS



Your essential daily news | TUESDAY, JANUARY 12, 2016

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R.I.P. BOWIE

Dave Muir is among many
Calgarians who appreciate
David Bowie's eclectic style.
JEREMY SIMES/FOR METRO

Remembering the legend's

music
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Alberta said no to \$1.4M for addictions

PROVINCE

**Health Minister
says PC's move
unprecedented**



Ryan
Tumilty
Metro | Edmonton

The province turned down \$1.4 million offered by Ottawa for drug-addiction programs last year, but officials say the rejection didn't affect the projects the money was meant to fund.

Despite media reports suggesting otherwise, the Health Canada funding was not specifically connected to Alberta's fentanyl crisis, which claimed 213 lives in the first nine months of 2015.

In a letter last March, Fern Miller, acting executive director of Alberta Health's addictions and mental-health branch, turned down funds from Health Canada's Drug Treat-

ment Funding Program, citing "resource restrictions, which will inhibit acquiring funding and staff."

After submitting an application for the funding, AHS was approved in fall of 2014 but turned down the money in March. The funds were meant to pay for evaluations of two programs run by Enviros. Instead, Alberta Health funded the evaluations at a cost of \$600,000. AHS also planned to train community agencies on how to recognize and support young people with addictions.

Minister Sarah Hoffman said Monday she's disappointed the PC government declined the funding, something no province had ever done before. "We owe it to Albertans and families struggling with the realities of addiction to make sure we use every opportunity to support them," she said.

Interim PC leader Ric McIver said there's a lot of unknowns. "It appears that a senior bureaucrat sent a letter refusing the money," he said. "What is not clear is what are the reasons."



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NHL commissioner steps up pressure for new arena

CALGARYNEXT

Nenshi says project needs 'very big public discussion'

NHL commissioner Gary Bettman has told Calgary to get moving on a new arena for the Flames, but Mayor Naheed Nenshi says the city will not be hurried into a multimillion-dollar project.

Bettman told the city's business community at a chamber of commerce event Monday there should be more urgency to get the project underway, particularly from city council.

"I'm having trouble understanding why there hasn't been further progress on CalgaryNEXT," Bettman said.

"No matter what anyone thinks of the proposed CalgaryNEXT project or the cost of the project, the cost is never going to be lower than it is today."

The Scotiabank Saddledome,

built in 1983, will be the oldest NHL arena when Canada celebrates its 150th birthday in 2017, he said.

Bettman and Flames president Ken King are scheduled to meet Tuesday with Calgary's city manager and a few city councillors, but not Nenshi.

The city approved a multi-phase analysis of the proposed project in November.

A report isn't expected until later this spring. If Bettman was trying to light a fire under him, Nenshi wasn't feeling the heat.

"Perhaps in other cities that he has come to, the city councils have just written cheques based on back-of-a-napkin proposals without any consultation to the public or without any analysis," Nenshi said.

"That's not how we operate here. We have a comprehensive framework in place. We'll see what the numbers look like come spring and have a very big public discussion about it."

Nenshi understands it's Bettman's job to lobby for new facilities for NHL teams. The NHL commissioner's contention that the project is important for the future vibrancy of Calgary drew sarcasm from the city's major.

"I know that Calgarians require very wealthy people from New York to come and tell us what we need to do in our community because they



NHL commissioner Gary Bettman speaks with reporters at the Calgary Chamber of Commerce on Monday. Bettman is urging the city to make progress on the CalgaryNEXT project (inset). JEFF MCINTOSH/THE CANADIAN PRESS

understand vibrancy better than we do," Nenshi said.

The project is to be funded through a \$250-million ticket tax, a \$240-million community revitalization levy, \$200 million from Calgary Flames Sports and Entertainment and \$200 million from city taxpayers for a fieldhouse component.

THE CANADIAN PRESS

ROYALTIES REPORT

Delay angers critics

The results of Alberta's royalty review have now been put off for a few more weeks — but critics say time is of the essence.

"We said (from the beginning) that a review shouldn't be done at all, but if it was done it needed to be over very quickly," Wildrose Leader Brian Jean said Monday in an interview.

"That, of course, would reduce the uncertainty in the marketplace, and add stability and confidence for the business community and investors generally. This has not happened. The review itself has taken far too long, so the faster the better for sure."

Alberta Party Leader Greg Clark said, "the real killer in all of this from the very beginning has been uncertainty."

"The longer it goes on, the longer this uncertainty remains and the longer investment dollars are parked on the sidelines."

Alberta's four-person royalty review panel, headed up by ATB Financial president Dave Mowat, has been taking submissions and listening to opinions since the beginning of September.

The panel is trying to determine the best way to calculate the happy medium between the appropriate amount of money for Albertans given that they own the oil and gas resource, and the fair return for producers, who pony up the cash and take the risk to produce it.

THE CANADIAN PRESS

+ PROJECT

Arena and stadium cost

The 20,000-seat arena and 30,000-seat football stadium, part of the proposed CalgaryNEXT project, will cost an estimated \$890 million.



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SENIORS

Councillor lobbies for scooter stations



Helen Pike
Metro | Calgary

A Calgary city councillor is hoping to give seniors a boost.

During the first question period of 2016 on Monday, Coun. Gian-Carlo Carra asked administration how the city could go about setting up charging stations for electric scooters many seniors use to get around his and other wards.

"Seniors, who use those motorized scooters to get around the city — they frequently get the scooter and they have this range, and they can go around, and it's like this amazing bequeathment of freedom to them," said Carra.

He said in many conversations with seniors in Ward 9

he's consistently told that the freedom doesn't last long.

"What happens quickly is that the battery on those scooters runs down," Carra said. "They have a couple months of freedom and that freedom just starts clawing back on them."

Carra said as the batteries run down their travel radius diminishes to the point of an "emotionally upsetting experience" as they see their world "suck in."

“What happens quickly is that the battery on those scooters runs down.”

Coun. Gian-Carlo Carra

Not sure where the responsibility would fall, he mentioned the senior strategy or accessibility policies, asking if it would be possible to create plug-in stations for scooters.

Administration will be discussing the question of where the responsibility would fall within the city.

EDUCATION

Trustees appointed to bargaining team



Aaron Chatha
Metro | Calgary

The Calgary Board of Education is expected on Tuesday to appoint two board members to represent the board on the Teacher's Employer Bargaining Association — despite its firm stance against Bill 8.

Bill 8, which went into effect in December, creates a two-tier bargaining system where the Alberta government is at the negotiating table with local school boards. Previously, it had just been the school boards.

"The CBE's position hasn't

changed," said board vice-chairwoman Amber Stewart. "We understand that TEBA's moving forward, we accept that, however the CBE still believes that limiting that role to term and wage is in the best interest of our students."

January and February are expected to be busy months in the bargaining process.

"We recognize decisions have been made, and we still want to be part of the process," said trustee Julie Hrdlicka, who is expected to be on the TEBA committee with Stewart. "But we continue to advocate, as we're going forward, the importance of local bargaining."



Calgary police are seeing fewer impaired drivers on the road. According to police there were 2,080 incidents of impaired driving in 2015 — down from 2,500 in 2014. METRO FILE

Impaired driving charges down: CPS

ROAD SAFETY

Police believe decrease shows city is taking issue seriously



Jeremy Simes
For Metro | Calgary

Staff Sgt. Paul Stacey said he's encouraged by the recent drop in impaired driving incidents in Calgary.

In 2015, 2,080 Calgarians were charged with drunk driving, down 420 from 2,500 charges in 2014.

"I hope that trend continues because we're very encouraged by (the decline in numbers)," Sta-

cey said, adding the number has fallen for a second straight year.

The law extending vehicle seizures and license suspensions from one day to three days for blood-alcohol reading of 0.5 per cent is resonating with motorists, he added.

"I think Albertans have taken a strong stance against impaired driving," he said. "It's not just a phenomenon in Calgary — it's occurring provincially."

Though the numbers are decreasing, MADD Canada's Calgary chapter says more needs to be done to reduce drunk drivers on the road.

"I think we all realize it's going down and that's really positive," said Tracy Franklin, past president of MADD's Calgary chapter. "But we need to be more proactive between our

“It's going down and that's really positive.”

Staff Sgt. Paul Stacey

family and our friends to ensure we are stopping drunk drivers. There's still so many out there."

Stacey said CPS will continue to vigorously run its check-stop program, adding police take calls regarding impaired drivers seriously.

"When people report an impaired driver, we pay some pretty significant attention to it," he said. "(Those instances) get a high-priority response from dispatch."

In 2015, there were seven deaths associated with impaired driving, a dip of 11 from 18 fatalities in 2013, Stacey said. In 2014, there were also seven deaths related to impaired driving.

The social stigma around drinking and driving is also likely a factor in the reduced numbers, Stacey added.

"We'll continue with all our impaired programs, enforcement programs and educational programs," he said.

Franklin said she'd like to see no drunk drivers on the road.

"Each step down is positive — it means people are getting the message," she said. "But it's a lot slower than any of us would like it to be."

"If we all work together, we can drop this (rate) significantly."

SEXUAL ASSAULT

Massage therapist faces three new charges



Brodie Thomas
Metro | Calgary

Calgary police have charged a massage therapist with three more counts of sexual assault after his arrest in December.

After police issued a news release publicizing Brad McLellan's alleged assault of a 25-year-old patient, three more past clients between the ages of 20 and 50 have come forward adding they, too, were

inappropriately touched during one of his sessions.

Staff Sgt. Bev Voros, Calgary Police Service (CPS) Sex Crimes Unit, said she believes the publication of the initial charge led to the new charges.

"I think when one victim comes forward, it gives other victims courage to come forward," said Voros. "I think there's support in numbers."

Police say the alleged assaults took place between September and December 2015 at both the Centennial

Wellness Clinic and the Pro Active Health Group. Both clinics are co-operating in the investigation.

Voros said the CPS did a very thorough investigation before laying these additional charges, adding that the force doesn't lay charges haphazardly.

"There's other evidence we can bring forward as well," Voros said. "It's not always he said, she said."

Police said McLellan had been working with Centen-

nial Wellness Clinic and the Pro Active Health Group. A spokesperson at Pro Active Health Group said McLellan is no longer working there.

Nobody at Centennial Wellness Clinic could be reached for comment, but their website doesn't list McLellan as a staff member.

Voros couldn't comment on whether or not McLellan is still practising massage therapy.

McLellan is scheduled to appear in court on Feb. 12.



Massage therapist Brad McLellan is now facing a total of four sexual assault charges from four different accusers, all women, who were formerly clients. CENTENNIAL WELLNESS CLINIC

Music legend David Bowie touched many Calgarians

IN MEMORY

Performers plan to band together to pay tribute to icon



Jeremy Simes
For Metro | Calgary

Todd Robertson doesn't regret spending his student loan money to see David Bowie live at the Saddledome in 1990.

Robertson, now a web developer, said it was the first concert he'd ever been to.

"It was the first time I heard Rebel Rebel, and I absolutely love Rebel Rebel," he said. "It was big. It was full. It was exciting."

Cancer claimed Bowie's life on Sunday. Many Calgarians shared their stories of the chameleon-like music icon, whether they travelled to Edmonton in 1983, or Calgary in 1990 and 2004.

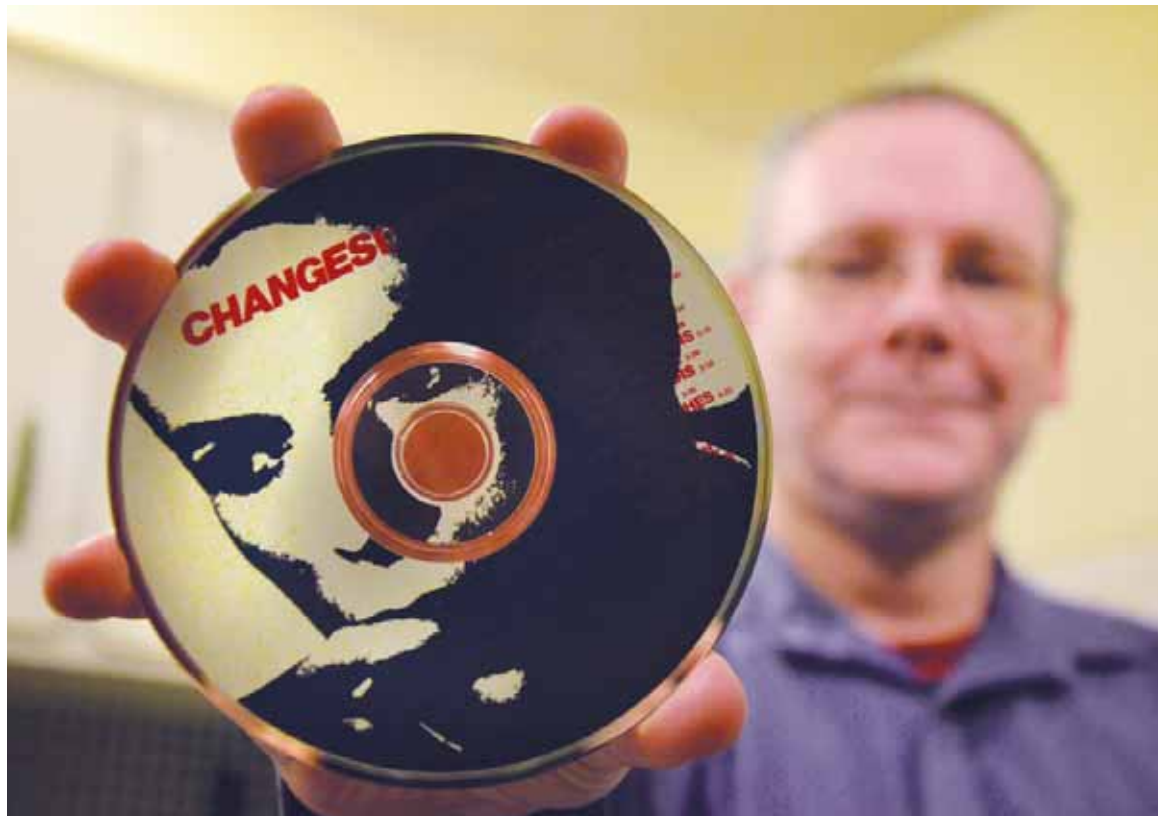
Dave Muir, owner of Sloth records, said many Calgarians flooded his shop to snatch a Bowie record or two, including Blackstar, which was released on Friday.

When Muir was in high school, he said he and his buddies drove to Edmonton to catch Bowie's Serious Moonlight tour in '83.

Though he said that year may have not been Bowie's finest moment, it was chance to see, well, David Bowie.

And Commonwealth Stadium was roaring, he added.

"That day ... I will never forget it," he said.



Todd Robertson used his student loans to see David Bowie in concert at the Saddledome. JEREMY SIMES/FOR METRO

“That day ... I will never forget it. He was nothing but class.”

Dave Muir

"He was nothing but class." At the Saddledome in 1990, Robertson said he sat fairly high in the stadium, but was able to witness how Bowie produced his shows.

"He would follow this little dot that shined on stage," he said. "It was interesting, but that memory has stuck with me."

Muir noted Bowie is was pretty selective with how he managed his career.

"(Bowie) was very careful where he appeared and what he did and who he did things with," he said.

"It's part of his legacy." Even David Bowie of Calgary — yes that's his real name — has his own little tale of the star.

"I was a fan of his before he changed his last name to Bowie," he said.

In fact, Bowie (the musician) went by Davie Jones and the King Bees before making the switch.

"It's really cool — my idol picked my last name," said

Bowie, who went to the other Bowie's concert in 2004 at the Dome.

"I always thought my last name would be famous, and it's all because of Mr. Jones."

Some of Calgary's musicians also plan to host a David Bowie tribute, according to artist Kenna Burima.

"There are so many people his music spoke to that getting everyone on stage will prove to be a challenge."

BUSINESS Mix of stores needed: Nenshi



Helen Pike
Metro | Calgary

Calgary's mayor, Naheed Nenshi, isn't sure that a big-brand pizzeria in Inglewood will have the domino effect residents are up in arms about.

"I do not agree that chain pizza ruins a neighbourhood," said Nenshi. This after news spread online that the tight-knit shopping district would soon welcome a Domino's storefront on 9 Avenue — where two other establishments have already cornered the market on cheesy pies.

The space is being rented out on a 10-year lease along the most popular shopping strip of the historic neighbourhood.

A post on Facebook over the weekend garnered more than 140 comments over chain stores entering the neighbourhood where local business thrives — the only other non-Calgarian chain in the area being a Starbucks location.

"I spent a lot of time as a retail consultant and I can say very, very confidently that the most successful retail streets have a mix of chain and independent," said Nenshi. "People come for the chain stores. That creates the traffic that the independent stores then are able to build off of. When you look at great shopping streets anywhere in the world you'll see that everywhere."

Nenshi didn't say if he's a fan of the Domino's slice, but he did tell Inglewood residents to vote with their wallets.

"I would really suggest to people that if you don't want the chain pizza in your neighbourhood don't eat the chain pizza and the market will really quickly sort that out," he said.

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IN BRIEF

Low oil prices cause housing starts to tumble

Low oil prices have yet again caused Calgary housing starts to tumble in December, according to the Canada Mortgage and Housing Corporation (CMHC). There were 12,716 trending units that began construction in December, down 1,672 from the 14,388 starts in November. Those numbers are part of a six-month moving average of monthly seasonally adjusted annual rates (SAAR) of total starts. STAFF/METRO

We're in running for the Ultimate Sport City

Calgary has been short-listed as one of the Top 30 cities in the world vying for the award of Ultimate Sport City. The award is given out every two years by Sport-Business. In 2012 Calgary was highlighted as a city to watch, and in 2014 the city was named Ultimate Sports City in the small sports city category. Vancouver is the only other Canadian city on the shortlist. The Top 5 cities will be announced in March, and the winner in April. STAFF/METRO

David Swann remains Liberals interim leader

The Alberta Liberals are keeping David Swann as interim leader another year. The party executive and riding presidents voted to schedule a leadership convention in the spring of 2017 to give candidates time to organize and gain support well ahead of the next scheduled provincial election in 2019. The Liberals are rebuilding after a poor showing in last May's campaign with just one seat — Swann's in Calgary Mountain View. They took just over four per cent of the popular vote.

THE CANADIAN PRESS



The Revenant won best drama, director and actor at the Golden Globes awards show. THE CANADIAN PRESS

Revenant's Calgary star lauds DiCaprio

GOLDEN GLOBES

Indigenous actress hopes award speech means action



Jeremy Simes
For Metro | Calgary

A local indigenous woman who starred in the Revenant is applauding Leonardo DiCaprio's thank you speech at Sunday night's Golden Globes.

The Revenant — an Alberta-

shot survival tale of Hugh Glass (played by DiCaprio) — won best drama, director and actor at the awards show.

DiCaprio ended his speech thanking indigenous peoples for being part of the film.

"It is time that we recognize your history, and that we protect your indigenous lands from corporate interests and people that (are) out there to exploit them," he said. "It is time that we heard your voice and protected this planet for future generations."

Although Marlowe — who played 'Arikara crying woman' — was glad the flick fetched three Globes, she said she was even happier with his speech.

"I think that it was amazing that he acknowledged First Nations people, not within just Canada but across the world," said Marlowe, who lives in Sik-sika Nation, and is originally from Lutsel K'e in the Northwest Territories. "He brought light to topics not many people know about."

According to Alyson Lockwood — one of the Canadian casting directors — director Alejandro G. Inarritu was looking for authentic people to fill indigenous roles and, sometimes, that meant they had no acting experience.

"They wanted people that had that raw ability and the ability to work with the director," she said.

Marlowe said her experience with Inarritu was better than others involved on set.

"He was very straightforward and very vocal about what he wanted," she said. "He had a vision, and if it wasn't carried out the way he saw, he became very frustrated."

At one point, they had to re-film her scene, as the make-up artist made them look "too clean," she said.

"But the whole experience for me was a good experience."

Marlowe said she's waiting to see what DiCaprio will do next.

"That's big, you know?" she said. "I'm waiting to see what he does next."

ANIMAL WELFARE

SPCA has duty to cattle: Woman



Aaron Chatha
Metro | Calgary

An Okotoks resident is criticizing how the Alberta SPCA handled an investigation of alleged underfed and dead cattle at a farm in the region.

The resident, who requested her name not be used, said a local rancher alerted her to the situation. Together, they drove to the farm and said they found a group of cattle starving in a field — with at least one dead cow among them.

She informed the Alberta SPCA, who confirmed with Metro they investigated and removed the animals from the situation.

The resident said the animals have since been returned to their original owners.

"The animals I saw were in very shocking condition, and the Alberta SPCA chose to return them to the people that put them in that condition," said the resident.

She lodged a formal complaint about the handling of the investigation, wondering why the animals were starved in the first place, and how it can be prevented from happening again.

Animal protection group Animal Justice said the resident reached out to them for assistance. Spokesperson Anna Pippus said law enforcement has failed these animals, and that they have not only a legal, but moral obligation to hold the alleged offenders accountable.

Roland Lines, communications manager for the Alberta SPCA, said the complaint is being handled internally, and privacy legislation prevents him from releasing details of the investigation.

However, Lines said an officer involved with the investigation sent the resident a picture of the cattle being fed.

"He knew she was very concerned about the situation the cattle were in, so he did send her a photo of the cattle being fed, to reassure her that something was being done," Lines explained.

Lines said looking at the resident's complaint, he wasn't sure how the situation could have been handled differently.

"In general terms, I can ensure we do investigate every complaint we receive to the full extent of our authority," he said. "A report of dead animals on a property will certainly increase its priority, but animals can die for many reasons, and often it isn't because of neglect."

RECOGNITION

Robot helps calm young patients

Calgary company RxRobots has earned the title of Most Innovative Startup at the Pediatrics 2040 conference, for creating a little robot that distracts children while doctors stick vaccine needles in their arms or perform other procedures.

"Most kids are shocked to see a new thing, because they believe, up to the age of 12, that the robot is alive. It has facial recognition," said president of RxRobots, Mark Williams.

"When you move, it moves."

Pediatrics 2040 is an innovation conference where pediatricians look at technology that

will impact health care.

RxRobots invention, called MEDi, was developed over four years at Alberta Children's Hospital. It uses behavioural strategies like guided imagery, teaching breathing techniques and telling a story to help calm children during medical procedures.

All they remember ... was that there was a magical robot. CEO Mark Williams

Williams said the robot's behaviour can be optimized to work with specific procedures, such as timing a story to wind down along with a procedure.

"When they're done, pretty much all they remember about the procedure was that there was a magical robot that knew their name," said Williams.

The robot also helps keep the attention of parents, too.

Williams said MEDi officially launched nine months ago and will soon have a home in 12 hospitals throughout Canada and the United States.

AARON CHATHA/METRO



Created by Calgary company RxRobots, MEDi helps put kids at ease by using their name and telling them a story.

COURTESY MARK WILLIAMS

If your yoga studio is too zen-sible it's time move on

HOBBIES

Get pumped after your poses, even have a beer while you 'Rage'



Jeremy Simes
For Metro | Calgary

This isn't your typical kind of "zen." Dubbed Rage Yoga, Lindsay Istace is changing the way you say namaste. Literally.

"Rather than doing the namaste (at the end of class), we do a really big 'f--- yeah!' said Istace, founder of the not-so-serious yoga practice.

"It was pretty awesome because I had a whole room of people turning to one another saying, 'F--- yeah! f--- yeah!'" she said. "It was good."

Rage Yoga is meant to take the seriousness out of practice which, according to Istace, can be quite intimidating for some, including herself.

"I can't do the super serious thing," she said. "I want to be able to giggle out loud if I fall over. I know not all studios are like that, but I felt like I didn't fit in most of the time."

So, to avoid the typical formality of yoga, she took it upon herself to create Rage, embracing the shenanigans.

Even the space where Rage Yoga holds its practice is peculiar: Dickens pub, which is in a basement.

"Well, that's just not scary," Istace joked. "At first I would say there were a lot



Lindsay Istace says Rage Yoga isn't as serious as that at most studios. JEREMY SIMES/FOR METRO

of raised eyebrows (to the idea). But the more we talked about it, the more it seemed like a plausible idea."

And because Rage Yoga is held in a pub, yogis will be given a discount on two pints at most.

Oh, you're also allowed to sip on a brewsky during Warrior Two, if you're up for it.

Water is also fine, Istace added. "There have been no spills," she said. "I just ask people be mindful of their water ... or their beer."

Istace said she recognizes some may be offended by Rage Yoga. "You can't win

everyone over," she said. "What I want to do with this is use it as an awesome gateway yoga: get people to try out yoga for those who are intimidated by studios but want to try out a class."

Rage Yoga runs at Dickens every Monday and Wednesday. Drop-in is \$12 and it costs \$2 to rent a mat.

"Rather than doing the namaste (at the end of class), we do a really big 'f--- yeah!'"

Lindsay Istace, founder of Rage Yoga

DEVELOPERS

Industry reps give levy bylaw approval



Brodie Thomas
Metro | Calgary

Calgary developers say they're ready to pay more to help the city offset development costs.

Several industry representatives gave a resounding approval of the city's plan to increase the off site levy for developers all over the city.

Kathy Dietrich, manager of corporate growth management at the City of Calgary, explained how administration had arrived at the numbers it will now charge developers.

She said it may seem like a difficult time to increase costs on developers, given the downturn in the economy, but noted Calgary has always grown, even in tough economic times.

Developers on the outskirts of the city building on undeveloped land will pay a per-hectare levy on the land they are developing.

Their levy will be higher, and will cover water and wastewater, but also community service charges which will help pay for libraries, emergency services, police, recreation and transit.

Guy Huntingford, CEO of the Urban Development Institute, said the city's consultation process was extensive and the businesses he represents are satisfied with the result.

"Industry needs certainty, and we believe these recommendations go a long way toward increasing certainty," said Huntingford.

The matter was not put to a vote before press time.

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— Margo Desmarais, FPBA, Finance Team Lead, University of Alberta



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Freedom for hostage

COLIN RUTHERFORD

Canadian released after being seized by Taliban in 2010

A Canadian man captured by the Taliban in 2010 has been freed.

Colin Rutherford was on a private vacation in Afghanistan when he was seized by the militant group in November of that year.

The last indication the Toronto man's family had that he was alive came in a 2011 video released by insurgents where he answered questions; an accompanying email accused Rutherford, then 26, of being a spy.

In the video, Rutherford insisted he was not a spy and had travelled to Afghanistan to study historical sites, old buildings and shrines.

Foreign Affairs Minister Stephane Dion announced Rutherford's release in a brief statement but did not explain what steps were taken to secure his

freedom — only that it involved the government of Qatar.

He says he was "very pleased" that efforts undertaken to get him out proved successful.

"We look forward to Mr. Rutherford being able to return to Canada and reunite with his family and loved ones," Dion said.

Rutherford was working as an auditor with the Canadian Circulations Audit Board in Toronto when he went on vacation to Afghanistan in 2010.

"This is great news," said Tim Peel, the company's vice-president said in an email. "We wish him a safe and speedy return and would like to thank all the parties involved in securing his freedom."

Peel did not respond to questions about whether Rutherford's job still exists.

The involvement of Qatar in Rutherford's release is not entirely surprising. The Persian Gulf country has at times quietly played mediator between western governments and the Taliban — even helping to facilitate peace negotiations between governments in Kabul and the hardline insurgency.

Whether any ransom was paid is an important question.

In securing the release of Canadian diplomats Bob Fowler and Louis Guay from the clutches of al-Qaida's North African branch in 2009, the previous Conservative government denied making any payment. But an al-Qaida letter to the original kidnappers, obtained by The Associated Press in northern Mali in 2013, said it received \$1 million for the pair.

THE CANADIAN PRESS



Colin Rutherford FACEBOOK



PEDIATRICS

3D-printed hearts help train for surgery

The pediatric surgeons hover over a tiny heart, gently retracting delicate inner structures and attaching a graft with impossibly intricate stitches to repair a congenital defect that would mean certain death within days of birth.

But this heart isn't inside the chest cavity of a newborn; it's a 3D-printed model being used at Sick Kids Hospital in Toronto to train cardiac surgeons from around the world in some of the most complex operations they will ever perform during their careers.

About a dozen trainees — from Canada and such coun-

tries as Norway, Oman, Mexico and the United States — have come to watch master surgeons demonstrate the highly complicated techniques used to repair a number of congenital heart abnormalities and to safely practise those skills on models of their own.

Three-dimensional copies have been created of five hearts from real infants with cardiac anomalies using a high-tech 3D-printer, which almost perfectly reproduces the organ's structure using a photopolymer resin, based on sophisticated MRI and CT imaging.

"Each of the models repre-



1 Pediatric surgeons learning hands-on

Doctors from all over the world did hands-on surgical training for congenital heart disease surgery with 3D print models.

2 Performing the complex procedure

The Norwood Procedure is performed on a 3D model of a newborn heart with hypoplastic left heart syndrome at the Hospital for Sick Children, in Toronto, on Thursday.

3 Heart-to-heart

Dr. Shi-Joon Yoo, a cardiac radiologist at SickKids who produced the hearts.

ALL PHOTOS NATHAN DENETTE / THE CANADIAN PRESS

This is a good way to practise it when the consequences are not dire.

Dr. Glen Van Arsdel

sents a very specific form of disease that is very different," says Dr. Glen Van Arsdel, chief of cardiovascular surgery at Sick Kids. "I can look at the model and tell you what the diagnosis is."

The 3D-printed hearts —

some orange, others whitish in colour — were produced by Dr. Shi-Joon Yoo, a cardiac radiologist at the hospital.

Depending on its size, a duplicate of a child's heart can take anywhere from four to 12 hours to produce, as layer upon layer of the resin is built up, he says.

While the current cost is somewhat prohibitive — estimated at about \$2,000 per model — Yoo says the technology means hundreds of copies can be printed after imaging a single child's heart to demonstrate a particular defect.

THE CANADIAN PRESS

IMMIGRATION

Syrian refugee count nears 10K

Tuesday could be the day that the influx of Syrian refugees hits the 10,000 mark, but resettlement groups are now looking far beyond that milestone.

Flight arrival data on the Immigration Department's website suggests the 10,000th Syrian will arrive on one of two flights bound for Toronto on Tuesday, though the department could not confirm that number.

In November, the Liberals said 10,000 Syrians, mostly privately sponsored, would arrive by the end of 2015, but failed to meet that target.

They say 25,000 Syrians in total should be here by the end of February and then a further 10,000 government-assisted

7,671

Number of Syrians that had arrived in Canada as of Jan. 7, according to the latest available data on the Immigration Department's website.

Syrian refugees will come by the end of 2016.

What's unclear is how many more privately sponsored refugees will be accepted after the end of February.

There are upward of 200 applications a week being submitted by private groups looking to sponsor Syrians, said Chris

Friesen, the president of the Canadian Immigration Settlement Sector Alliance.

But nobody knows how those applications will be treated without knowing the government's overall immigration plan for 2016, he said.

Ordinarily, the government sets a range of privately sponsored refugees it will accept from around the world each year, but it's unclear whether the Syrian program will be part of that or on top of it.

"I'm assuming the government has a range, a target, as part of the 2016 plan but all of this impacts funding going into the next fiscal year, particularly settlement support," he said.

THE CANADIAN PRESS

IN BRIEF

Detain immigrant children as last resort: Red Cross

Canada should lock up child immigrants only as a "last resort" and must find alternatives to detention for such vulnerable newcomers, the Red Cross says in its latest confidential inspection report.

Many of the humanitarian organization's findings remain "largely unaddressed," with some requiring "urgent attention," says the report.

It makes 37 recommendations to improve conditions for detainees, including an eventual end to the practice of holding some in provincial jails where they are mixed with criminals. THE CANADIAN PRESS

PRIME MINISTER

Trudeau's office to release daily agenda

Prime Minister Justin Trudeau had private meetings scheduled Monday.

So, what's the news in that? Well, the mere fact that the Prime Minister's Office released a daily itinerary saying so.

In a practice that catches up with other political leaders, Trudeau's office says it will now release an overview of his day's activities.

"It will be a daily practice.... Those will keep you abreast of what he is up to," said Cameron Ahmad, a spokesperson for the prime minister.

The details of Trudeau's Monday schedule were fairly scarce, saying simply, "The

I think the overarching objective is openness and transparency.

Spokesperson
Cameron Ahmad

prime minister will be in private meetings." It offered no specifics on either the people the prime minister was meeting with in Ottawa or the topics of their conversations.

TORSTAR NEWS SERVICE

The trial of being a juror

THEATRE SHOOTING

Many haunted months after conviction

For nearly 14 weeks, they sat in a suburban Denver jury box, listening for hours as witnesses described the searing pain of gunshot wounds and the terror they felt as they fled the movie theatre, the gunman still firing at them.

They sat feet from a poster-sized photo of a six-year-old girl's bullet-ravaged body. They held the murder weapons. And when the jurors announced they couldn't agree that James Holmes should die for his crimes, they heard the cries of his anguished victims.

Four months later, they are still haunted — their struggles showing how the scars of a mass shooting can stretch from the victims to the first responders and even to the jurors who must decide what to do with the perpetrator.

Some started seeing therapists as they work through the shame they feel for the flashbacks and anxiety they suffer despite never having set foot inside the theatre in July 2012, when 12 were killed and scores of others injured.

"I wasn't actually in that theatre, but I listened to and felt



James Holmes is led out of the courtroom on Aug. 26, 2015. RJ SANGOSTI/THE ASSOCIATED PRESS

the experiences of everyone who was, from every angle," said a 36-year-old marketer who is still so worried she wanted only to be known by her juror number: 1009. "I felt their sorrow and their sadness.

"And when I left the courtroom," she said, "I took it all with me."

The names of all the jurors

— the 12 who deliberated and 12 alternates — were sealed throughout the trial and remain confidential by court order. Three of them spoke to The Associated Press about their post-trial struggles on condition that only their first names be used, citing concerns for their safety and privacy. The fourth, the marketer, asked to not be identified by name.

To cope, the four send each other uplifting text messages, gather for dinners at quiet restaurants and connect during phone calls that sometimes end in sobs. They're also raising money to help pay for a

victims' memorial. They briefly dared the spotlight to promote their charitable work.

It's unclear how the other jurors are faring. Several reached in the weeks after the verdict wouldn't comment about their experiences, but prosecutors said some still suffer. They invited all the jurors to come talk to them after the trial. Most did.

"They were visibly shaken from what they had learned," prosecutor Lisa Teesch-Maguire said.

In the end, prosecutors and jurors said, a single juror blocked Holmes' execution, be-

+ SUPPORT

PTSD, nightmares persist, but groups help: Expert

Studies show that, especially in death-penalty trials and those with multiple killings, jurors can experience symptoms of post-traumatic stress disorder, nightmares, anxiety and insomnia months after they leave the courtroom.

"It's the horrific amount of violence that was done and loss of life that's very distressing to see up close, which you have to do to evaluate a case like this," said Valerie Hans, a Cornell Law School professor who has studied juries.

Hans applauded the jurors for forming a support group, saying they are the only ones who can fully understand the experience. THE ASSOCIATED PRESS

CONSERVATION

Lion hunt raffle scrapped

A professional hunter in Zimbabwe has cancelled a plan to raffle a lion hunt at a hunters' convention in the United States, following protests from activists.

Martin Nel said he is scrapping the raffle in which he hoped to sell 100 raffle tickets for \$1,500 each in Las Vegas next month. LionAid, a U.K.-based charity, had expressed shock at the proposal, which focused attention on the heated debate about whether hunting hurts already vulnerable species or can help them by raising funds for conservation.

In a statement this month, Nel said the raffle winner could also have chosen to have a lion collared for research and that the project was designed to raise funds for conservation studies at Zimbabwe's Bulbe Valley Conservancy.

Last year, an American killed a well-known lion named Cecil in Zimbabwe in an allegedly illegal hunt, causing a global outcry. The number of wild lions in Africa has been dwindling for many years. THE ASSOCIATED PRESS



The late Cecil ANDY LOVERIDGE/WILDLIFE CONSERVATION RESEARCH UNIT

“We’re not victims, but the impact on us has been tremendous. We’re looking for a little bit of peace, too.”

Colorado theatre shooting trial juror Jessica, 30

RICK MERCER REPORT

TONIGHT Rick makes a splash white water kayaking on the Chilliwack River in British Columbia.

#rickmercerreport

ALL-NEW
TONIGHT 8

MEXICO

'Nothin' to hide,' Sean Penn claims

Actor Sean Penn said he has "nothin' to hide," after images published Monday indicated he was under surveillance when he met with the Mexican actress who led him to Joaquin "El Chapo" Guzman — and the pair was apparently followed and photographed as they set out for the supposedly secret meeting with the drug lord.

Penn shrugged off a suggestion he was "taking hits" for agreeing to submit the story to Guzman prior to publication of the story by Rolling Stone magazine.

Penn also dismissed criticism over his interview with the fugitive, who was captured Friday, a day before Penn's 10,000-word story was published in Rolling Stone.

Mexican officials said Guzman's contacts with Penn and del Castillo helped them track down the fugitive. Guzman was finally captured Friday.

He's being held at the same prison from which he escaped through a tunnel in July.

Both his original cell and the mile-long tunnel he had built have been "made unusable," an official said, without specifying how.

THE ASSOCIATED PRESS



Sean Penn. AFP/GETTY IMAGES FILE

IN BRIEF

Swedish police accused of coverup of assaults

Swedish police face allegations of a coverup for failing to publicly report sexual assaults against teenage girls at a music festival last August. The newspaper Dagens Nyheter (which reported the incidents in connection with attacks on women in Cologne, Germany) cited officials saying police are reluctant to speak about crimes linked to migrants for fear of playing into the far right. THE ASSOCIATED PRESS

Baghdad mall attacked

IRAQ

ISIL claims it's behind bomb that killed 18

The Islamic State of Iraq and the Levant (ISIL) group claimed responsibility for the Baghdad mall attack that killed 18 people on Monday. Gunmen stormed into the Jawhara Mall after setting off a car bomb and launching a suicide attack at its entrance.

Iraqi officials say the attack, which lasted over an hour, killed at least 18 people and wounded 50 in the city's mainly Shiite east.

The ISIL statement, posted online shortly after the attack, said a car bomb and four ISIL fighters carried out the attack, targeting an area where many Shiite Muslims are known to

gather and warned of "worse" to come. Iraqi officials say the attack was carried out by seven men, one of whom died when he detonated his explosive vest at the start of the attack. The conflicting accounts could not immediately be reconciled.

Iraqi officials initially described the attack as a hostage situation, estimating that 50 people were trapped inside the complex. But Iraqi forces soon surrounded the building and landed troops on the roof. They clashed with the attackers inside, killing two of them, and arresting the other four.

At least four police officers were among those killed in the assault, according to police and medical officials, who spoke on condition of anonymity because they were not authorized to brief reporters.

Following the attack, authorities shut down the city's



People gather in front of targeted mall. THE ASSOCIATED PRESS

highly fortified Green Zone, home to a number of foreign embassies and most of the country's political elite. A number of major roads, shopping malls and bridges around the Iraqi capital were also closed for fear of followup attacks.

Also on Monday evening, a car bomb in southeast Baghdad in a crowded market area killed five and wounded 12, according to hospital and po-

lice officials.

Another deadly attack was carried out in the town of Muqadiyah, about 90 kilometres north of Baghdad in Diyala province. A double suicide bombing at a cafe killed 24 and wounded 52, according to hospital and police officials. Police officials say the cafe was frequented by militia fighters under the government-sanctioned Popular Mobilization

+ FINANCES

U.S. targets airstrikes on ISIL's stores of cash

A U.S. defence official says American airstrikes are chipping away at the ISIL's cash piles. An airstrike this week hit what the official called a "cash storage facility" in the city of Mosul, which is the militants' main stronghold in Iraq. THE ASSOCIATED PRESS

Forces and many fighters are among the dead.

ISIL suffered a major defeat last month when Iraqi forces drove the extremists out of the western city of Ramadi, capital of the sprawling Anbar province. The group still controls much of northern and western Iraq. THE ASSOCIATED PRESS



Protesters opposing the PEGIDA movement (Patriotic Europeans Against the Islamisation of the Occident) attend a counter rally in Leipzig on Monday. PEGIDA demonstrators lit torches and shouted slogans in support of the xenophobic far-right movement as public anger runs high over the Cologne assaults. AFP/GETTY IMAGES

IMMIGRANTS

Don't fight violence with violence, Germany implores

A string of attacks on women in Cologne on New Year's Eve blamed largely on foreigners was "intolerable," Chancellor Angela Merkel's spokesman said Monday, but added that nothing excuses retaliatory assaults on immigrants.

Merkel has proposed making it easier to deport immigrants involved in crimes. But after Cologne police said a group of Pakistanis and a Syrian were attacked in the city on Sunday, Seibert said Germans must not blame all the nearly 1.1 million migrants who entered the country last year and said the

government is also focused on their welfare.

"We're doing all of these things to protect the population in Germany," he said. "We are also doing this for the great majority of innocent refugees who have sought refuge from bombs and war in our country and who should get this protection and who are prepared to adapt to the rules and values in our country."

The six Pakistani nationals were attacked Sunday by around 20 people, and two of them were briefly admitted to a hospital, police said. Also



As abominable as the crimes in Cologne and other cities were ... there is no justification for blanket agitation against foreigners. Justice Minister Heiko Maas

Sunday evening, five people attacked a Syrian man, who was injured but didn't need treatment.

Police official Norbert Wagner said authorities are treating those attacks as anti-foreigner crimes and believe the assailants arranged to meet via social media.

The New Year's Eve assaults stoked tensions over Germany's open-door policy to refugees and prompted politicians to call for tougher laws against migrants who commit crimes.

"As abominable as the crimes in Cologne and other cities were, one thing remains

clear: there is no justification for blanket agitation against foreigners," Justice Minister Heiko Maas said, adding that some people "appear just to have been waiting for the events of Cologne."

Authorities and witnesses said the New Year's Eve attackers were among a group of about 1,000 people, described as predominantly Arab and North African men, who gathered at Cologne's central train station. Some broke off into small groups and groped and robbed women, police said.

THE ASSOCIATED PRESS

Beef industry lowers harmful emissions

ENVIRONMENT

Results due to switching feed from grass to grains: Study

Canada's cattle industry is producing more beef with less greenhouse-gas emissions, says a new study.

Researchers at the University of Manitoba and Agriculture Canada found a 15 per cent reduction in methane emissions on a production basis between 1981 and 2011, and a 16 per cent cut in nitrous dioxide from manure.

The results were achieved partly by feeding cattle grain instead of grass and other forage when they are being fattened before slaughter, says the study published in the journal Animal Production Science.

"A lot of our efficiencies in

Canada have to do with the use of grain in feedlot diets," Tim McAllister, a research scientist with Agriculture Canada, said Monday. "They get more energy from it and with less digestive problems."

The study compared the cattle herd, the amount of land required for beef production and the change in greenhouse-gas emissions in the production of Canadian beef.

The results show the industry has become more efficient, with about 15 per cent less emissions overall.

The beef industry accounts for 3.6 per cent of Canada's total greenhouse-gas emissions, a figure that

hasn't changed much over the years, McAllister said.

The Canadian Cattlemen's Association hopes the study helps counter some of the criticism the beef industry has received over the years about how it affects the environment.

THE CANADIAN PRESS

20,000

Agriculture Canada once estimated a single lactating dairy cow produces a similar amount of greenhouse-gas emissions as a mid-sized car driven 20,000 km in one year.



Canadian cattle account for 3.6 per cent of the country's total greenhouse-gas emissions, according to a research scientist with Agriculture Canada. TORSTAR NEWS SERVICE FILE

BUDGET CONSULTATIONS

Growth hit hard by oil prices: Finance minister

The federal finance minister says the economy is suffering from slower growth than originally projected by the former Conservative government.

Bill Morneau told the Halifax Chamber of Commerce that his department's projections on growth since the 2015 budget have fallen due to oil prices that are less than half those of 2014.

But he didn't indicate if that will mean the federal deficit will be higher than the Liberals promised during the election campaign.

Prime Minister Justin Trudeau promised during the campaign to run annual deficits of no more than \$10 billion over the next two years while pumping billions into infrastructure projects to stimulate the stagnant economy.

The finance minister didn't provide specific figures on how the struggling



Finance Minister Bill Morneau. THE CANADIAN PRESS

economy will affect this promise, but dropped some hints that it is affecting budget plans.

"We knew when we were campaigning we were facing a slow-growth environment," he said.

"The challenge is greater than we expected."

Morneau is travelling across the country this week to seek input as he draws up his first federal budget.

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ENTERTAINMENT

Cineplex gets into gaming

Cineplex has launched its first national video-game tournament in hopes of capitalizing on the growing popularity of competitive gaming to help fill seats at its countrywide chain of theatres.

The company's foray into gaming tournaments is aimed at a younger demographic being pulled away from movie theatres by mobile phones, YouTube and social media.

"E-sports are quickly becoming a global phenomenon and, as a company, we've invested in it because it allows us to engage a new customer base,"

+ E-SPORTS

Competitive gaming, also known as e-sports, has become a huge market overseas in places such as South Korea and Japan, where matches of popular games like Starcraft sell out stadiums.

Cineplex spokeswoman Sarah Van Lange said Monday.

Cineplex is offering \$50,000 in prizes in one-on-one matchups of Call of Duty: Black

Ops III. The tournament will begin Saturday with qualifying rounds to be played online, followed by matches at 24 theatres next month and a final event on March 6. The Canadian office of gaming giant Sony has signed on as the lead sponsor, and the competition will take place on that company's PlayStation 4 console.

But questions remain about the revenue potential for Cineplex. "It's an unproven model, but there certainly seems to be a lot of gamers out there," said BMO analyst Tim Casey.

THE CANADIAN PRESS

market minute



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the big number

\$55M

That's the windfall David Bowie made by issuing "Bowie Bonds" tied to his future royalties in 1997. The singer was ahead of his time not only when it came to music, gender expression and enormous pants, but also in terms of **securitization, the process of taking real-life assets and turning them into financial instruments.** Bowie Bonds let the artist raise money without selling the rights to his work or having to wait for royalties to roll in. People who bought in received a portion of the future sales of music from Bowie's 25-album, 21-year back catalogue over a 10-year period. The bonds paid a 7.9 per cent yield, and though they didn't perform as well as expected — the industry soon came under pressure from pirates — the idea caught on. Iron Maiden, James Brown and Rod Stewart got on the bond-issuing bandwagon. Soon securities promising future profits from everything from time-share loans to racehorse sperm flooded the market. (And subprime mortgages, too, though that's another story). Bowie had foreseen the ch-ch-changes in the music business, telling the New York Times in 2002 that "The absolute transformation of everything that we ever thought about music will take place within 10 years ... just take advantage of these last few years because none of this is ever going to happen again." SOURCE: BLOOMBERG

A bigger down payment is actually a good thing



Diane Baker Mason
For Metro

It's a common misconception that buying a house is always a good investment.

This myth has been bolstered over the last decade by skyrocketing housing prices, with nearly frantic buyers borrowing disproportionate amounts of money in order to "enter the market," with

If this banquet ends with a crash, even those of us who never borrowed a penny will be chipping in to pay the bill.

down payments of as little as five per cent.

Meanwhile, lenders — banks and trust companies — are happy to hand out money.

Why? Because they aren't the ones facing the risk, in the event of a crash. That risk is in the hands of the lenders' default insurers, including the crown corporation, Canada Mortgage and Housing Corporation — our corporation.

Mortgage default insurance has been around for decades, and is not in itself a bad thing. Ordinarily a bank, by law, is permitted to provide first mortgage financing only to buyers with a 20 per cent down payment. Even in a reasonable market, that puts home ownership out of reach for many.

But thanks to CMHC (and to two other private insurers), Canadians need to provide only a five-per-cent down payment, for homes valued up to

\$1 million.

This insurance protects the lender, not the borrower. Upon default, the insurance company pays the bank, then pursues the borrower. As for the premium (which can be as much as 3.85 per cent of the amount borrowed), it is added to the debt. On a \$500k loan, that's another 20 grand — which, on a loan of half a million dollars, doesn't seem like much.

But it is. This will be painfully apparent when interest rates eventually go up. Payments on these massive loans might be manageable at 2.5 per cent, but at five, six or 10, they'll be impossible.

The market will fill with houses that people have to sell, and houses mortgaged beyond their value will be unsellable. The defaulted loans will be enforced by the insurers — including the taxpayer-subsidized CMHC — which will take the hit for any loss.

Despite collecting premiums, CMHC has in the past been in a loss position when the real-estate market has crashed.

In order to cool the market without causing a crash, the federal government is introducing changes to the insured-mortgage rules effective Feb. 15, 2016, increasing the down payment to 10 per cent for the portion of a home value greater than \$500k. In a falling market, this minimal equity will quickly vanish.

Lenders hand out money at low rates, and we gobble it up, borrowing beyond our means to buy houses at inflated prices.

It's been quite the banquet. And if this banquet ends with a crash, even those of us who never borrowed a penny will be chipping in to pay the bill.

Diane Baker Mason is a Toronto-based novelist, writer and retired lawyer.

ROSEMARY WESTWOOD

metroview

The Bowie handbook for a crazy, creative, ever-changing life

The first time I listened closely to David Bowie, I couldn't see the stars at all.

I was driving B.C.'s switch-back, two-lane Sea-to-Sky highway at night, while construction crews laboured to widen the roads. The looming spotlights and dust kicked up by heavy machines obscured everything around the car.

I couldn't see more than a dozen metres ahead, and it felt like navigating some robot-strewn future, listening to a mixtape of Bowie, who seemed to be singing from somewhere beyond this world.

One chord from Ziggy Stardust, and the picture appears: me, young and truly alone for the first time, trying to make something of myself in a strange town. Dust, lights and darkness.

Many others will tell you, better than I could, what David Bowie meant to fashion, to finance, to music, to ideas of gender. But his effect on our notions of who and what we could be — that it is his most revolutionary legacy.

The David Bowie handbook for living would include such points as: You don't need to pick an identity, as you are infinitely changeable. Feel free to wear pants as large as you like. Weird is sexy. Never take half-steps in make-believe. Don't worry about gender conformity. Don't worry about fluid sexuality. Be insanely productive.

Be insanely creative.

The foremost ideal he portrayed was freedom. Second was gall. Both made him very rich, which was undoubtedly part of the calculation, but his wealth doesn't lessen the message.

I never became an avowed fan. I can't list off all his alter egos in chronological order and match his elaborate outfits to his world tours. But you didn't have to be a fan to understand the way he ignored the rules. And there could have been no better soundtrack to that summer, driving the highway at night and dreaming of who I could be.

Bowie will be remembered as a genius of the level few could aspire to. But there's nothing stopping anyone from aspiring to his approach to life, if to less dazzling and lucrative ends.

"I thought he was a vampire! I thought he'd live forever!" one colleague quipped, after word broke that Bowie died of cancer.

Few knew he was sick. Few believed he could die. But you really can't avoid it — even if you're Bowie. Eventually, you run out of costume changes. There's no more time to contribute to the world. There is no more time for shape-shifting.

With whatever time you have, why hold back when you could more like Bowie?

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5 WAYS WE WILL REMEMBER DAVID BOWIE

As the world mourns the death of the legendary David Bowie, Metro looks at how the shape-shifting genius influenced pop culture for more than half a century METRO/THE ASSOCIATED PRESS/AFP

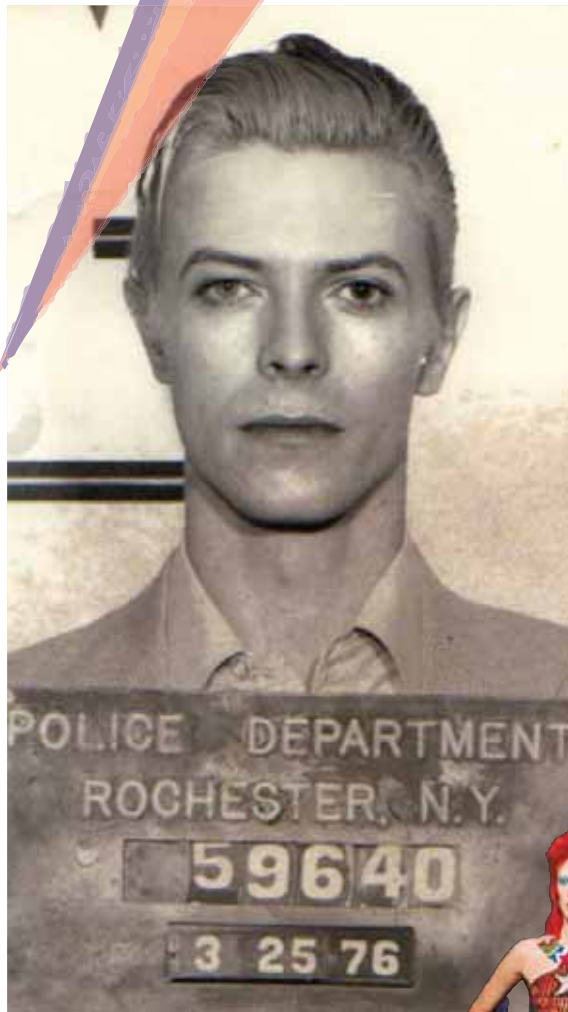
1 The Songs

Long before alter egos and wild outfits became commonplace in pop, Bowie turned the music world upside down with the release of the 1972 album, **The Rise and Fall of Ziggy Stardust and the Spiders from Mars** which introduced one of music's most famous personas.

Ziggy Stardust was a concept album that imagined a rock star from outer space trying to make his way in the music world. The persona — the redheaded, eye-liner-wearing Stardust — would become an enduring part of his legacy, and a touchstone for the way entertainers packaged themselves for years to come. Bowie scored hit after hit over more than four decades, ranging from **Changes**, **Starman**, and **Rebel Rebel**, to **Heroes**, **Ashes to Ashes** and 1981's **Under Pressure**.



TORSTAR NEWS SERVICE



David Bowie's mug shot from a 1976 pot bust.



CONTRIBUTED

4 The Duets

You may not think of Bowie as a Christmas artist, but his 1977 duet of **Peace on Earth/Little Drummer Boy** with Bing Crosby is a perennial favourite during the holiday season thanks to annual play on MuchMusic in the 1980s and '90s and millions of YouTube views. Bowie recorded a duet for the song **Under Pressure** with Queen in 1982, and performed it live with Annie Lennox. Other notable collaborations include the legendary **Dancing in the Street** with Mick Jagger, and **Hallo Spaceboy** with Nine Inch Nails and also the Foo Fighters.

5 The Fashion

Bowie — with his outrageous alter egos — was as renowned for his image and influence on fashion design as he was for his music.

From the much-copied lightning-flash face paint of Aladdin Sane, the oversize shoulders and white shirt collars of Thin White Duke to the trilby hat and floppy fringe of the alien he played in the movie **The Man that Fell to Earth**, Bowie for decades boldly broke boundaries in style and gender with his influential looks.

Then there was, of course, 1972's flame-orange-haired **Ziggy Stardust** — his most recognizable invention. Jean Paul Gaultier (a Ziggy-inspired design from a 2013 Gaultier collection is shown at left), Dior, Saint Laurent and Dries Van Noten and fashion-conscious actresses such as Tilda Swinton all owe Bowie a lot. Trends in recent seasons have turned the clocks back to the glam rock of the 1970s and '80s — a Bowie signature.



CONTRIBUTED



CONTRIBUTED

2 The Movies

Bowie will always be remembered for his tight-pants-wearing turn as Jareth the Goblin King in the 1986 fantasy-adventure film **Labyrinth** (inset) and as Maj. Jack "Strafer" Celiers in the BAFTA-winning Japanese prisoner of war film **Merry Christmas, Mr. Lawrence**.

Bowie won an acting award for his performance as Thomas Jerome Newton, an extraterrestrial, in **The Man Who Fell to Earth**, and appeared as a vampire opposite Catherine Deneuve in **The Hunger** (top). Other acting credits include **Twin Peaks: Fire Walk with Me**, **Basquiat** — where he played Andy Warhol — Pontius Pilate in Martin Scorsese's controversial **The Last Temptation of Christ** and Nikola Tesla in Christopher Nolan's thriller **The Prestige**.



3 The Man

"My entire career, I've only really worked with the same subject matter," Bowie told The Associated Press in a 2002 interview. **"The trousers may change, but the actual words and subjects I've always chosen to write with are things to do with isolation, abandonment, fear and anxiety — all of the high points of one's life."**

During his career, Bowie famously declared himself bisexual in the 1970s. In a 1983 Rolling Stone article he called the declaration the biggest mistake he ever made, qualifying that comment to Blender magazine in 2002 to say "I don't think it was a mistake in Europe, but it was a lot tougher in America."

In the 1980s he famously and publicly challenged MTV on its refusal to play black music videos on air.



Playing pregnancy roulette

HEALTH POLICY

Canada lags behind other nations in birth control access

Liz Brown
Metro | Canada



When her period comes each month, Anne Wilson* breathes a sigh of relief. "I'm like, oh thank God," she says, laughing nervously.

The 31-year-old Toronto entrepreneur doesn't want to play roulette with pregnancy, but she's left with few options due to health issues that prevent her from using most forms of birth control.

At present, she and her partner use condoms, but, "I can tell you we're not using them perfectly 100 per cent of the time," she says.

Doctors have advised her that her only option is an IUD. Wilson's painful menstrual cramps remove the copper IUD from her list of options — it's known to exacerbate cramps in some women — leaving her with two remaining choices: hormonal IUDs Mirena and Jaydess.

But Wilson can't afford either — both cost upwards of \$300 and subsidized birth control clinics don't offer them.

"I'm just starting a business so I'm always worried about when money is coming in, and these costs add up," she says. "I wish there were more options."

Wilson isn't alone. According to the Canadian Contraception Consensus report from the Society of Obstetricians and Gynaecologists of Canada, 15 per cent of sexually active Canadian women aren't using any form of birth control and 20 per cent are using a form of birth control inconsistently. And according to the World Health Organization, 51 per cent of pregnancies in North America were unintended in 2012 (a stat that

includes pregnancies that were not carried to term).

Low-income women are twice as likely to use no contraceptives compared to the highest earners. And one third of Canadian women will have an induced abortion at some point in their life. Simply put, Canadian women are facing enough barriers to birth control that a substantial number are risking unplanned pregnancy each month.

"When we look around the world, Canada is one of the only societies that pays for universal health care ... but doesn't provide free contraception," says Dr. Wendy Norman, chair of the Contraception Access Research Team (CART) at the University of British Columbia. "The number one barrier that we've identified for women accessing birth control is cost," she adds.

The United States, 11 countries in Europe, the U.K., Australia and New Zealand all provide a universal subsidy for contraception.

In Canada, however, affordable birth control is provided to those in need through a patchwork of sexual health clinics funded by public health authorities. While these clinics do offer affordable options such as oral contraceptives ranging from free to \$10 per month, or five-year copper IUDs for \$60, many women find it difficult to access these services due to limited drug choices, clinic hours and long wait times.

Catherine Datta, the north-east manager of the Toronto Sexual Health Clinics, calls her clinics "oversubscribed," noting in 2014, over 63,000 people visited them and sometimes experienced wait times of more than two hours.

"The hours (of subsidized birth control clinics) don't support the people who may use them the most," agrees Pam Krause, executive director of the Calgary Sexual Health Centre. According to Krause, the clinics in Calgary have hours similar to school and offices, making it difficult for teens

or single working mothers to visit them.

That leaves many women using condoms or withdrawal for birth control, two methods with the highest rates of failure — 21 per cent failure for condoms over one year of typical use, and a 22 per cent failure for withdrawal over one year of typical use, according to research from Princeton University in 2011. In contrast, less than 1 per cent of women using an IUD will become pregnant over one year.

"Because the least effective contraceptive methods cause the most pregnancies, it costs the health system much more than it would to provide a more expensive option because so fewer pregnancies result when consumers use the most effective methods (which are the most expensive)," says Norman. According to Dr. Norman, free, accessible birth control is one of the easiest ways to reduce costs on the health care system.

American research shows that the nation's publicly-funded clinics — which provide access to free or subsidized birth control — saved the U.S. \$13.6 billion in 2010, or about \$7 for every public dollar spent.

And a study from St. Louis, Mo., conducted between 2007 and 2011 involving 10,000 young women given the option of various methods of free birth control resulted in a dramatic drop in unintended pregnancy.

The annual rate of pregnancy for participants in the study was 34 per 1,000 women, compared to a U.S. national average of 57 per 1,000.

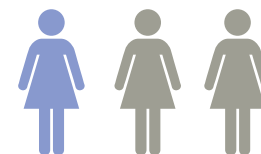
About 75 per cent of the participants opted for long-acting IUDs, where in contrast, only about 2 per cent of the general female population in the U.S. use an IUD.

"We can see as soon as a subsidy is brought in, particularly for highly effective methods like IUDs, the population shifts towards using them," says Norman.

"In Canada we don't have much research to guide us. This (contraceptive access) hasn't



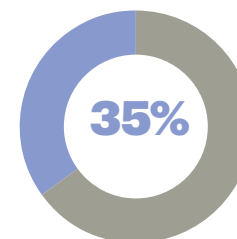
BIRTH CONTROL BY THE NUMBERS



One in three Canadian women will have an abortion in their lifetime

\$13.6B

The money the U.S. government saved in social and health care costs in 2010 by funding family planning programs



The percentage of sexually active Canadian women using no contraception, or contraception inconsistently

ever been a core principle within public health," she adds.

In both the U.S. and U.K., extensive research has been done on contraceptive use and access in those countries. Norman is working to amass similar data through CART's projects. Her group has been conducting surveys in B.C. to get a better idea of the rates of unintended pregnancy and prevalence of contraceptive use and some of this research will be published later this year.

They are also looking at alternative ways to offer contraceptives to make access easier for women. Currently, in B.C. and Quebec, nurses can prescribe oral contraceptives and Dr. Norman says her group has consulted with the College of Pharmacists in B.C. about offering contraceptives over the counter without a prescription.

Pharmacists would require additional training and be asked to administer blood pressure checks and health background questionnaires to women wanting to access contraception.

On Jan. 1, Oregon became the first state in the U.S. to allow pharmacists to prescribe oral contraceptives and the patch, and California is expected to follow suit in March.

"This would provide exceptional ability for people — especially in rural areas — to access contraception," says Dr. Norman. "These drugs are very safe."

LIZ.BROWN@METRONWS.CA

*Name changed at source's request.

SOURCE: CANADIAN CONTRACEPTION CONSENSUS REPORT 2015, THE SOCIETY OF OBSTETRICIANS AND GYNAECOLOGISTS OF CANADA

JOHANNA SCHNELLER
WHAT I'M WATCHING

Cause close to her heart — and pocketbook



Images of Winfrey in a new Weight Watchers commercial.

YOUTUBE/SCREENSHOT

THE SHOW: Weight Watchers commercial
THE MOMENT: Oprah's manifesto

Dressed in expensive loungewear and gold jewellery, Oprah Winfrey sits on plush outdoor furniture and gazes at her bestie, the camera. "Inside every overweight woman is a woman she knows she can be," she intones with enough gravitas to power two confessions, three commencement speeches and a State of the Union address. Piano music begins to play.

"Many times you look in a mirror and you don't recognize yourself. Because you've gotten lost. Buried in the weight. That you carry." Images of Winfrey working out appear. "Nothing you've ever been through is wasted," she goes on. "So every time I tried and failed has brought me to this most powerful moment." The music swells.

First of all, I hope that Oprah never crosses to the dark side.

Because if she appeared on TV saying, "Let's take over the financial system," or "Everyone should kill her spouse," people would do it — she is that convincing.

Second, I was surprised that she was shilling so hard for Weight Watchers — I mean, yeah, weight loss is part of good general health, but she sounds like a shrink delivering a world-shaking manifesto, like she's curing cancer, ending global warming and solving our childhood issues all at once.

Then I found out that last October, she bought 10 per cent of the company, for \$43.2 million — and that the stock value has tripled since. Her shares are now worth \$148 million. Last week, after the initial spots aired, the stock went up again. No wonder she sounds so passionate.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

GOLDEN GLOBES

Howard reacts to Leo's acceptance speech

First Nations actor Duane Howard admits he "choked up" when The Revenant star Leonardo DiCaprio dedicated his Golden Globe trophy to indigenous communities around the world. Howard says he and his friends were watching in Vancouver when DiCaprio took the stage on Sunday to claim the best dramatic film actor award. DiCaprio shared the award with "all the First Nations people represented in this film and all the indigenous communities around the world."

Howard plays lead Arikara warrior Elk Dog in the drama, which was partly shot in Alberta and British Columbia and features dozens of local actors and crew. He calls DiCaprio's speech "really meaningful," and says he'd like to see more meticulous portrayals of indigenous culture come out of Hollywood.

The Revenant also earned



Duane Howard.
GETTY IMAGES

team that left him behind.
"It is time we recognize your history and that we protect your

Golden Globes for best dramatic film and for director Alejandro Inarritu. DiCaprio plays fur trapper Hugh Glass, who is left for dead after being attacked by a bear. Desperate to survive, he braves icy waters and an unforgiving wilderness in search of the

indigenous lands from corporate interests and people that are out there to exploit them," DiCaprio said in his acceptance speech. "It is time that we heard your voice and protected this planet for future generations."

Howard said that he was moved. "That's really meaningful when a Hollywood celebrity like that reaches out to the world and acknowledges us First Nations people like that, that means something," he said. THE

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Regehr returns to hang 'em up

NHL

Longtime Flames D-man retires after 15 seasons

Robyn Regehr may have won a Stanley Cup with the Los Angeles Kings, but he's retired as a Calgary Flame.

The 35-year-old defenceman signed a ceremonial contract with the Flames on Monday to make it official.

Regehr played 11 of his 15 NHL seasons in Calgary before he was traded to the Buffalo Sabres in 2011 and then dealt to the Kings.

He won a Stanley Cup with Los Angeles in 2014, and made the following 2014-15 season his last.

"I always felt that I was a Calgary Flame and when I look back on my career, that's the team that I identify the most with, having spent the most time here, having a big group of family and friends and a support network here in Calgary," Regehr said Monday at a news conference.

"I put a lot of time and effort into the team when I was



Robyn Regehr GETTY IMAGES FILE

here. It's a nice way to celebrate that."

The six-foot-three, 225-pound defender had 36 goals and 163 assists in 1,090 NHL games.

The punishing shut-down defenceman was an integral part of Calgary's run to the 2004 Stanley Cup final, which the Flames lost in seven games to the Tampa Bay Lightning.

Regehr ranks second all-time in games played for the Flames with 826. He was an assistant captain of the team for seven seasons.

"No matter where he plays, no matter what he does, he's always going to be a Calgary

Flame," said Flames assistant general manager Craig Conroy, who was also Regehr's teammate.

Regehr was born in Brazil, but grew up in Rosthern, Sask. He was a first-round draft pick of the Colorado Avalanche, who traded his rights to the Flames in a package deal that included Theoren Fleury going to the Avs.

Regehr's career was nearly derailed by a serious car accident at the age of 19. He made his NHL debut less than four months after breaking both legs in the accident.

"Going through that situation and how emotional that was and how tough physically it was and all the rehab I had to go through as a 19-year-old, I felt different," Regehr recalled. "I wanted to make the most of any opportunity that I got."

Regehr played for Canada in the 2000 and 2005 world championships, as well as the 2006 Winter Olympics.

Regehr, his wife and two sons now make Calgary their home.

The combination of winning a Stanley Cup in front of family and friends, as well as his body wearing down, prompted Regehr to retire.

"The body knew it was time and also not needing to chase a championship around anymore, there were things that fell into place that kind of made sense," he said. THE CANADIAN PRESS



SHARKS TOPPLE FLAMES Joe Pavelski of the Sharks crashes into the Flames' Mikael Backlund at the Scotiabank Saddledome on Monday night. Joel Ward's goal midway through the third period stood as the game-winner as the Sharks won 5-4. JEFF MCINTOSH/THE CANADIAN PRESS



No matter where he plays, no matter what he does, he's always going to be a Calgary Flame.

Craig Conroy

THANK YOU CALGARY

YOU DARED TO MAKE A DIFFERENCE

Identifying with Walsh's pain

NFL

Paul McCallum also missed a vital field goal, felt fans' rage

Paul McCallum knows all about what it's like being the face of a team's playoff failure.

In 2004, he missed two field goals — including a chance to win in overtime — in the Saskatchewan Roughriders' 27-25 West Division final loss to the B.C. Lions. The 23-year CFL veteran kicker was the target of numerous threats from angry fans while his home was pelted with eggs and manure dumped on his lawn.

So McCallum can certainly relate to Minnesota kicker Blair Walsh, whose missed 27-yard field goal with 22 seconds remaining handed the Seattle Seahawks a stunning 10-9 NFC wild-card road Sunday. Predictably, irate Vikings fans flocked to social media afterwards wishing Walsh would die or predicting his impending death.

"It's not that people need to blame someone, it's that they



Vikings kicker Blair Walsh missed the game-winning field goal against the Seahawks on Sunday. NAM Y. HUH/THE ASSOCIATED PRESS

have to and it's ridiculous," McCallum said Monday via telephone from Vancouver. "We get paid to kick a ball between two posts, let's put that into perspective.

"You want to yell and scream at the game? Go ahead. But now you take it outside and go to



Paul McCallum GETTY IMAGES

the extent of sending (death wishes)? Now those things need to be taken just as seriously as if it was someone in an office making (those wishes)."

Walsh made an NFL-high 34 field goals this season and connected three times — including from 47 yards out — against Seattle. But he hooked his final attempt, made into the wind in -32 C conditions with the laces turned in on the hold.

"It looked like all he was trying to do was get it up because he changed his form a little bit," McCallum said. "He was trying to compensate a little bit and pulled it."

McCallum, 46, downplayed the roles the laces, weather or pressure of the moment had on Walsh missing.

"Everyone saw he kicked the 47-yarder with the laces and it was good, he hit it fine," McCall-

“It's not that people need to blame someone, it's that they have to and it's ridiculous.”

Paul McCallum

um said. "The pressure, that's just the job, it doesn't matter.

Walsh's miss took attention away from Minnesota's struggling offence. Not only did the unit fail to score a touchdown, NFL rushing leader Adrian Peterson managed just 45 yards rushing on 23 carries. His second-half fumble also allowed Seattle to kick a field goal for the 10-9 lead.

But that was of little solace to some Vikings fans, who posted videos on Twitter of individuals successfully kicking 27-yard field goals in snowy, cold conditions.

McCallum said it's important Walsh have both a thick skin and short memory.

"He's a very good kicker," McCallum said. "Don't let one mistake define your career."

THE CANADIAN PRESS

CFL IN BRIEF

Saskatchewan acquires Redblacks receiver Price

The Saskatchewan Roughriders have acquired international receiver Maurice Price from the Ottawa Redblacks for their sixth- and seventh-round picks in the 2016 CFL draft.

Saskatchewan also gets Ottawa's sixth-round pick in the deal. Price started all 18 games last year as part of Ottawa's dangerous offence, contributing 58 catches for 603 yards and a touchdown. The Roughriders also signed defensive back Derrius Brooks.

THE CANADIAN PRESS

Kicker Whyte extends deal with champions Edmonton

The Edmonton Eskimos signed Canadian kicker Sean Whyte to a one-year contract Monday.

The B.C. native hit on one-of-three field goals and added a convert in the Eskimos' 26-20 Grey Cup win over the Ottawa Redblacks. Whyte, entering his eighth CFL season, has made 211-of-251 career field goal tries (84.1 per cent) and 217-of-218 converts.

THE CANADIAN PRESS

Stampeders sign defensive back Smith to extension

The Calgary Stampeders have signed international defensive back Brandon Smith to a contract extension. Smith joined the team in 2008 and started 17 games last season. He was second on the team with three interceptions and third with 57 tackles. The Sacramento State product also had eight pass knockdowns and a sack.

In 103 career games, Smith has recorded 414 tackles to go with 11 interceptions, including one for a touchdown, 22 knockdowns and six sacks.

THE CANADIAN PRESS

SOCCER

Lloyd and Leo reign in Zurich

Lionel Messi has won the FIFA world player of the year award for a record fifth time.

Messi ended Cristiano Ronaldo's two-year hold on the Ballon d'Or trophy on Monday to lift soccer's top individual honour.

The Barcelona forward regained the prize after his club won five major titles last year, leaving Ronaldo's Real Madrid with nothing.

"It's incredible that it's my fifth. It's much more than anything I dreamed of as a kid,"

Messi, who won four straight FIFA awards from 2009-12, said in his acceptance speech.

Messi got 41.33 per cent of total voting points in a 23-candidate ballot. Ronaldo received 27.76 per cent and third-place Neymar got 7.86 per cent.

Voting was by national team captains and coaches, plus invited journalists, from FIFA member countries.

It was a stellar night for Barcelona and the World Cup-winning United States women's team.

Luis Enrique was named best coach after guiding Barcelona to win the Champions League, Spain's La Liga and cup, UEFA Super Cup and Club World Cup.

The women's awards were won by American captain Carli Lloyd and English-born U.S. coach Jill Ellis.

Lloyd stood out by scoring six World Cup goals, including a stunning hat trick in the opening 16 minutes of a 5-2 rout of Japan in the final at Vancouver's BC Place Stadium.

THE ASSOCIATED PRESS



Carli Lloyd and Lionel Messi were named players of the year on Monday in Zurich, Switzerland.

VALERIANO DI DOMENICO/KEystone/THE ASSOCIATED PRESS

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LEARNING CURVE

Stay hot during your winter semester

Whether you came back from the break feeling recharged or maybe still catching up on sleep, the winter semester is here. And to make the most of it, students are planning on ways to improve their grades and time management skills, and remembering to enjoy school, too.

"I want to learn to sleep better and work out," says University of Winnipeg student Trisha Navidad. "Basically, I'm going to make sure to challenge not only my brain, through studying. I'm also never going to schedule my classes at four in the afternoon with night classes again."

She says she's a little nervous coming back for a new semester, but more excited than anything. With still a few years to go, Navidad wants to master the fine balance between focusing on school and not letting it be the only thing in her life.

"I think my biggest goal in attending university is getting my dream job, which is either a career in PR in the tourism or film



ALANA TRACHENKO

industry," she says. "But I think my other goal is to become the person I want to become and develop good habits."

Navidad says it's a steady learning process, in and out of the classroom.

"Now I know that at 4 p.m. there are less

people on the bus and you can actually get a seat."

UW student Adrienne Tessier also wants to strike a balance between school and all of her extracurriculars, including coaching debate, working with non-profit organizations and her

three jobs.

"It's a bit crazy," she admits. But Tessier says she loves the academia setting.

"I'm going to see this term as a continuation of my first term successes, and not see it as a new start," she says. "Seeing this term as a part of a longer journey helps me to keep things in perspective."

With just a bit of her degree left, Tessier is getting a lot out of the smaller class sizes and various elective classes.

"I love small class discussions, and let's be honest, learning about esoteric interests is the best part of university," she says. "I want to take opportunities as they come. This may mean something academic like going to a conference, or even just an opportunity to create meaningful friendships."

She says she's already excited for next year and plans on submitting a couple of papers to peer-reviewed journals.

— ALANA TRACHENKO

Werklund provides bridge to province's future teachers

Back home in South Korea and Hong Kong, Ina Kim was a successful teacher with a master's degree in education.

But when she arrived in Calgary, she realized she needed to learn more about teaching from the Alberta curriculum.

Stories like Kim's are not uncommon and the bridge to teaching program offered by the Werklund School of Education's graduate programs office at the University of Calgary

is specifically designed for internationally trained teachers to learn about Canadian pedagogy, the Alberta curriculum, and the expectations of teachers in a Canadian classroom.

"The bridge to teaching program is a one-of-a-kind intensive and accelerated teacher education program that provides 18 semester hour credits towards the accreditation required for experienced internationally

trained teachers to teach in Alberta Schools," says Pat Braul, manager, graduate programs in education, Werklund School of Education, University of Calgary.

This program integrates the previous experiences and skills of the teachers while providing expertise in teaching the Alberta curriculum and opportunities to acculturate to policies and expectations on teachers, students, parents and communities in Alberta.

It also includes 10 weeks of supervised practicum experience in a K to 12 school setting.

For those individuals who are interested in learning more about the bridge to teaching program, they are invited and encouraged to attend the information session being held



CONTRIBUTED

on Monday, Feb. 8, from 6 p.m. until 8 p.m. in the Education Block (main campus), Room 179.

For more information, visit werkklund.ucalgary.ca

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Robertson Online programs and certificates provide students with the industry skills to be career ready in less than a year. Online education provides the ability to enhance your education and skills while still working or while living in a remote community.

Even those students living in remote areas, and all online students, have access to all the same resources as traditional campus programs, admission advisors, student services, instructors and career services.

“Robertson College Online is available coast to coast, so if you or your family is transferred from one province to another we can continue to support you in your education,” says McConnell.

“With accredited programs our students are eligible for student aid.”

Robertson Online has a full support team to help online students throughout their studies.

“We help guide you through every process for the very first call, text or email,” says McConnell.

“All our online courses are accredited and contain the same content as our physical campuses.”

Robertson Online course integrate the most recent learning management systems and



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tools to enhance the education experience.

Robertson College is continually working on new programs and courses relevant to changes in all faculty areas, business, IT and health care with more than 14 programs offered online.

The recently launched community ser-

vice worker program is an example of how Robertson College Online is expanding their programs to meet the needs in all our communities.

For more information about Robertson College Online, visit robertsoncollege.com/online-studies



UNIVERSITY OF CALGARY
CONTINUING EDUCATION



“At first I wasn't sure how much of the program I'd do, but I enjoyed the seminars so much, I did the whole certificate.”

Certificate for Emerging Leaders.
Michelle Nameth, Graduate

Business Seminars

This winter, focus on leadership learning with Continuing Education Business seminars. Sessions run from 8:30 am to 4:30 pm. For those interested in a leadership certificate program, many of these seminars are eligible for credit toward the Certificate for Emerging Leaders. Details are available at conted.ucalgary.ca

Looking for group training? All of these seminars can be adapted to corporate training sessions. Call 403.220.2988 for information.

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Time Management
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Jan 19 | \$355 + GST

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Feb 8 | \$355 + GST

Coaching to Lead
Course: BUS 253
Feb 10 | \$355 + GST

Leading Yourself and Others Through Change
Course: BUS 267
Feb 10 – 11 | \$589 + GST

Get Organized! Improve Your Workflow and Boost Your Productivity
Course: BUS 270
Feb 11 | \$355 + GST

Leading for Impact and Resonance
Course: BUS 607
Feb 16 and 23 | \$589 + GST

Power and Science of Coaching
Course: BUS 212
Feb 25 – 26 | \$589 + GST

Cultivating Innovation in Your Organization
Course: BUS 612
Feb 26 – Mar 11 | \$795 + GST

Building Trust in the Work Environment
Course: BUS 173
Feb 29 | \$355 + GST

Meeting the Challenge of Leadership
Course: BUS 140
Mar 2 – 3 | \$589 + GST

Negotiating Skills for Women
Course: BUS 223
Mar 8 | \$139 + GST

Whole Brain Thinking in Business
Course: BUS 603
Mar 8 | \$295 + GST

Integrative Listening: The Leader's Edge
Course: BUS 279
Mar 9 and 16 | \$589 + GST

Creative Conflict Resolution: Making the Most of Differences
Course: BUS 112
Mar 15 | \$355 + GST

Improving Communication at Work
Course: BUS 188
Mar 15 | \$355 + GST

Successful Teams: How to Build Them
Course: BUS 260
Mar 16 | \$355 + GST

Effective Writing in the Workplace
Course: BUS 266
Mar 17 – 18 | \$589 + GST

Energize Your Workplace: Inspiring and Motivating People
Course: BUS 144
Mar 17 – 18 | \$589 + GST

Leading with Confidence and Courage
Course: BUS 240
Mar 17 | \$355 + GST

Empowering and Motivating Others Through Effective Delegation
Course: BUS 251
Mar 23 | \$355 + GST

Define and Refine Your Leadership Presence
Course: BUS 606
Mar 31 | \$355 + GST

Mastering Work and Life Satisfaction
Course: BUS 282
Feb 3 – 4 | \$589 + GST

Reinventing Your Life from Ordinary to Extraordinary
Course: BUS 272
Feb 8 | \$355 + GST

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Mar 10 | \$355 + GST

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ALANA TRACHENKO

Fighting the winter blues

The days are short, the weather frigid and the homework is piling up: winter semester is here. Coming back to school in the dead of winter is never easy, but there are ways to keep enjoying the season now that the Christmas lights are off.

“It’s the best time to go to those fancy coffee places downtown,” says University of Manitoba’s Seamus Hamilton-Pattinson. “In the summer you don’t want a hot cup of amazing coffee, good as it is.”

The cold weather isn’t always the favourite, but it does lend itself to some of Winnipeg’s most iconic events and festivals, such as pop up restaurant RAW: almond, the Red River skating trail, and Festivale de Voyageur snow sculptures.

“I love going on the Red River as well, as soon as it freezes,” Hamilton-Pattinson says. “Bundle up because the wind is really intense out on the river and you don’t have to skate, but you should probably be mindful of people that are because they’ll probably bowl you over.”

Luckily enjoying the outdoors is the least expensive activity there is, but as Winnipeggers know, sometimes it’s just too cold. So they head inside for some live entertainment.

“I usually end up seeing a lot more shows in the winter because you don’t want to go outside sometimes,” Hamilton-Pattinson says. “I find there are more interesting shows... if people do go out they want it to be for a special event so people get really creative in the winter thinking of ways to motivate people out of their houses or make outside more hospitable than what it is.”

Students can usually see local bands perform for \$5 to \$10 per show. Larger shows like Big Fun Festival — which takes place in the last week of January — are a great deal as well, with dozens of bands performing at a variety of venues across the city.

“If you’re a student I know this time of year right now the universities do a lot of their back to school stuff,” Hamilton-Pattinson says.

Besides attending events or leaving campus, there are plenty of student groups that are free to join and an easy way to practise a skill or hobby while getting to know people.

“Our faculty of education has a free paint night that’s going on in the Hub,” Hamilton-Pattinson says.

Check out your university’s website to find out what is happening this month.

— ALANA TRACHENKO



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Bow Valley gives careers a business boost

This New Year — become indispensable.

Business knowledge and skills are relevant in every industry and taking business courses can be one of the best ways to improve and develop new skills to become indispensable, find new opportunities for work, or achieve your career goals.

“Our range of business certificates through our continuing education program at Bow Valley College, offer both relevant technical skills and soft skills that are essential in this vast business community,” says Natascha Doiron, coordinator Continuing Education, Chiu School of Business.

At Bow Valley College, learners can choose from a variety of different business certificates, such as a business management certificate, management development certificate, executive assistant certificate, professional and personal development certificate.

The business management certificate provides a practical understanding of the fundamentals of business functions to add to your skill set and advance your career.

The management development certificate focuses on enhancing leadership, management, and critical thinking skills through various tools and techniques to achieve effective business results.

Executive assistant certificate student will gain hands-on training in office skills, business concepts and communication skills to effectively and professionally provide administrative support to individual executives or to executive teams.

And finally, the professional and personal development certificate focuses on developing effective work habits and strong self-management skills that will increase your personal effectiveness and productivity.

These business certificates enable learners to effectively manage and administer tasks and projects as they develop knowledge in various courses including computer applications, accounting, project management, human resource management, communications and writing skills, leadership and management, organizational skills, and effective team development.

“Having current business knowledge is vital and when it is transferable between industries and occupations, it is a wise investment,” says Doiron.

All certificates are taught by industry leading professionals with multifaceted industry experience and knowledge.

“We also consult with over 100 business executive advisors so we can adapt quickly to changing workplace requirements,” says Doiron.

Bow Valley courses are available in-class, online or through home-study. As well, Bow Valley has flexible learning options with classes on evenings and weekends that are offered all year-round to fit everyone’s busy schedules.

For more information, visit coned.bowvalleycollege.ca/certificates.

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Smaller is better at MRU

Chyloe Healy has always been interested in research and health.

When she decided to pursue an education in this field, she was unmotivated by institutions with large class sizes and eventually landed at Mount Royal University in the bachelor of science program.

"I chose MRU because they offered smaller class sizes, which I feel provides more opportunities for discussion on topics rather than a formal lecture," says Healy, who is in her final semester of her bachelor science degree.

"Personally, I feel this benefits students more because not only are you able to learn from the instructor but also from peers."

And to expand her learning opportunities, Healy also became involved in the aboriginal science and technology education program (ASTEP) — a support program for indigenous students in the Faculty of Science and Technology.



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"ASTEP has helped me in my studies by providing the support I needed with things such as tutoring and networking," says Healy.

Through the Iniskim Centre, ASTEP works with students to help them both in their courses, academic planning, and help foster a sense of belonging at MRU.

In November, through ASTEP, Healy was able to partake in the American Indian Science and Engineering Society (AISES) National Conference.

ASTEP also works to help students network both within the school and with potential employers or other post secondary institutions for when they have finished at MRU.

Once Healy graduates, she hopes to continue her education and obtain a Masters in epidemiology.

For more information about the ASTEP program, visit mtroyal.ca.

HISTORY AT AMBROSE ALL ABOUT FORWARD-THINKING

Through the three- and four-year degrees in history at Ambrose University, students learn how to think historically — to ask good questions, engage in quality research, communicate well, and generally solve problems through research — all skills that can be transferred into a variety of industries.

"Naturally, students learn a lot about the people, ideas, and events of the past, but beyond that, we work hard to help them to think historically, to develop strong research and communication skills, to interpret primary sources from the past, to understand important historical debates about the interpretation of the past, to participate in public history, and to engage with the moral and ethical dimensions of history," says Kyle Jantzen, professor of history and program chair, Ambrose University.

To do this, Ambrose has core courses devoted to teaching historical skills and research, and opportunities for independent research projects or practicums in museums and historical sites, at the upper level.

Ambrose also involves the undergradu-



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ates in real world public history research, like the current "Placing Memory" project in High River this year.

"The 'Placing Memory' project is an effort to understand which buildings and spaces in High River are important to the community, and why," Jantzen says.

"And as we do that, we're learning about the identity and values of the community — what makes living in High River unique."

To find out more about this project, visit ambrose.edu/news_and_events/oral-history-project-preserves-high-rivers-legacy.

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MRU focused on in-demand careers

Project management knowledge and skills are truly transferable across industries and highly sought after by employers of all types.

"With the downturn in the economy in Alberta and further afield, companies are looking for more certain outcomes for every dollar that they spend, and formal project management education programs such as the Mount Royal University extension certificate will help employees and job candidates stand out from the crowd," says Matt Luik, infrastructure manager at MMM Group in Calgary and instructor in the project management in construction extension certificate at MRU.

Luik says project managers spend around ninety percent of their time communicating in some form or other so good interpersonal skills are a must.

"As someone who has instructed at other institutions I can say that the facilities and classroom learning environment at the MRU

campus are second to none."

The flexible course delivery also allows students to complete the certificate at their own pace and some students choose to complete all six courses in only a couple of months.

The project management in construction certificate is made up of six courses.

Classroom courses are 15 hours over two days and online courses take place over four weeks.

"The online course participation continues to gain momentum and we're seeing more students take the blended learning approach by taking some classes online and some in the classroom setting as their personal situation and schedule allows," says Luik.

For more information about the project management in construction extension certificate at MRU, visit conted.mtroyal.ca/pmconstruction



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Education assistants are helping new Canadians

Alberta is experiencing a great number of new students across our province, many new Canadians requiring additional supports as they enter a Canadian classroom for the first time.

The Mount Royal University education assistant program will train individuals to help assist these new Canadians with the written and verbal instruction that will support their learning, as well as assist in delivering assistance to other students in need.

"The program allows MRU students the opportunity to learn about student learning and

needs that we currently have in our schools," says Charlene Kushniruk, faculty instructor, Department of Education, Department of Continuing Education, MRU.

"We start with educational philosophy and build towards an understanding of how to support students in the classrooms with literacy, numeracy, technology applications."

This is a eight month full time program to help prepare future classroom assistants and EAs (educational assistants) in accordance with school board requirements for EA positions.

The program also explores students with learning disabilities, learning challenges, English as a second language and behavioral challenges, at risk students and support students with physical disabilities as well.

The program is designed for any adult that wishes to pursue a career in education and support classroom needs.

Students of this program will also accumulate over 250 hours of practicum and field experience upon graduation from the program.

"Two of our courses are also transferable towards accredited the education degree program at MRU, as some of our students will successfully seek additional training to become teachers in the classroom," says Kushniruk.

For more information about the education assistant certificate, visit conted.mtroyal.ca/edassistant



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Academy sets student on right path

For Academy of Learning student Kennedy Bailey, her desire to enter into the field of community support services has always been the goal. But she was having a hard time finding the path to get her there — until she discovered Academy of Learning.

“I have been jumping from school to school without getting any real traction, so knowing that at Academy of Learning I could start a career in a field I’ve been trying to get into for the past few years was very appealing,” says Bailey, community service addictions worker (CSAW) diploma student.

Bailey originally went in looking to be a medical assistant, but the student advisor she was interviewing with, told her that Academy of Learning was bringing in a new program that would better suit her previous school work (sociology).

“When she showed me the course outline, I knew it was exactly what I had been looking for,” says Bailey.



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After Bailey completes the 51-week program, she is considering a career in youth care as a support worker, but is also planning on heading back to school to get a degree and eventually her masters in social work.

“I’ve learned more of what is expected in this field in the past three months than I have in all my years of studying,” says Bailey.

“They prepare you for a career, from the source material down to writing a resume.”

For more information, visit academyoflearning.ab.ca.

Be secure with your future through Columbia College

For those individuals who are interested in pursuing a career in the field of security, they must first complete a mandatory training program and write a provincial exam to receive their licence.

To assist individuals to obtain their licence and give them the knowledge and skills necessary to become security professionals, Columbia College offers the Alberta basic security training (ABST) course.

“Columbia has a very good reputation in the security industry and has amongst the highest success rate in the province for people who pass their provincial exam on the first attempt,” says Laura Trettwer, program coordinator, Columbia College.

“Our facilitators not only teach the course professionally but also work in the security industry and have first hand knowledge of the job.”

This is a mandatory course overseen by the Alberta Solicitor Generals office and is designed to prepare individuals who will be working in the security services industry.

Designed for those interested in working in the security services industry, this in-



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cludes security guards, loss prevention workers, alarm responders, patrol dog handlers, and executive protection.

There are seven modules that includes introduction to security, Criminal Code of Canada and the legal system, patrolling skills, communication skills, report writing and evidence, dealing with emergencies, and health and safety for security professionals.

This course at Columbia College has ongoing full time and part time courses as well as online training available on a monthly basis.

For more information, visit columbia.ab.ca.

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Thinking critical at St. Mary's University

No matter the area of study — whether arts or science — St. Mary's University students all gain critical thinking skills and are taught by committed and caring instructors.

"Our society is complex and the economy is always changing, so preparing thoughtful citizens of the world to meet those changes and find success in their chosen path is important," says Bob Hann, vice president Student Services, St. Mary's University.

St. Mary's University offers bachelor of arts degrees in several majors — psychology, history, English, liberal studies, general studies — which allow students to focus their studies in specific academic areas, but all of the degree majors prepare students to think critically when looking at the world around them.

The bachelor of science degree with a major in biology prepares students with important critical thinking skills and hands-on experience in the science labs and in the field, as they explore what the study of science has

to offer them.

St. Mary's lab size is capped at a maximum of 20 students, which gives them easy access to instructors as they study the natural world and place within it.

Whether it is pursuing a full degree, or just taking some courses with the aim of entering professional programs, St. Mary's University offers countless pathways to help students find their own academic success.

"The quality of the experience and the level of engagement in the university community are second to none," says Hann.

"Our focus on learning means small class sizes, a close working relationship with professors and between students, professors who are committed to teaching and an incredible support system to help students reach their full potential."

At St. Mary's University the students are with the professors in the class, in the lab and in the field.

"Our students consistently remark on how




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the professors are concerned about them, not just as students but as unique individuals," Hann says.

"Our professors are recognized scholars in their fields, with strong research portfolios and publication records and they possess credentials from the world's leading universities."

For more information about either of these degree programs or St. Mary's University, visit stmu.ca

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Designed for professionals who have already achieved significant success in their careers, the Haskayne School of Business executive MBA will help mid- to senior-career professionals take their careers to the next level.

"Our students are able to consolidate their business knowledge and sharpen their critical thinking skills through the program to make them more effective in their current and future roles," says Dr. Vern Jones, associate dean, graduate programs.

"The reputation of our program is very strong locally, nationally and internationally with a very active alumni network."

The Financial Times has ranked the Alberta Haskayne Executive MBA in the top 100 executive MBAs — with only five Canadian business schools made the list.

Haskayne alumni hold senior positions in major corporations in Alberta and others have gone on to create an impact globally.

"Gary Kovacs (EMBA 1999), CEO of AVG Technologies, was recently recognized as one of the world's top 100 influential leaders," says Jones.

The curriculum focuses on developing a greater depth of management skills, obtain exposure to seasoned strategy experts and gain a richer understanding of team dynamics.

Through the Executive Speaker Series, students will interact directly with business leaders who discuss how to tackle tough issues and effective leadership styles.

Past speakers include; Gregg Saretsk, CEO, WestJet Airlines; Naheed Nenshi, mayor, City of Calgary; and Brett Wilson, entrepreneur, philanthropist and Dragon.

Towards the end of the 20-month program, students complete an international study tour and are involved in meetings as government embassies, visits with local



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businesses and Canadian business operating abroad, and visits to cultural and historical sites.

Applications for the September 2016 and January 2017 intakes are now being accepted.

The deadline for the September 2016 intake is May 29, 2016 and the deadline for the January 2017 intake is Dec. 1, 2016.

For students who meet certain criteria, they may be eligible to have the GMAT waived.

For more information about the Haskayne executive MBA, visit haskayne-emba.ca.

INFO SESSION

To find out more and connect with an advisor in-person, attend the upcoming information session:

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ABES gives newcomers a ‘warm environment’

As a new immigrant to Canada, Susana Romero was looking to enter into the field of health care, but was looking for a school that would help her make the transition into the Canadian workplace a bit smoother — that is when she found ABES (Alberta Business and Educational Services).

“As a new immigrant that is our weak side, the process of adjustment is sometimes too hard,” says Romero.

“People with a high level of education

arrive in this new country, new culture, new environment and we need to start from zero - frustration, sadness, and desperation are our partners almost every day.”

Romero enrolled in the medical device reprocessing program and says ABES was definitely the right choice for her.

“Personally, it was a wonderful experience,” says Romero. “From the first time I found a warm environment in this place.”

Throughout the 40-week program, Romero gained the necessary technical skills, employment preparation skills, as well as all other practical and essential skills necessary for working in the field.

“I did not know many details related to sterilization, but now I feel more confident because I can work more confidently and offer a secure service at any facility,” says Romero.

“I can work under the higher standards in this new country Canada, and have a job to support my family.”

And through the practicum provided through the partnership with Alberta Health Services, Romero was able to put her skills to the test in a real, hands-on working environment.

Like Romero, students must have two years post-secondary training in health care or life sciences to qualify for admission.

The program contains 760 hours of instruction combined with 320 hours of unpaid work experience.

Graduates of this comprehensive program will write the International Association of Healthcare Central Service Material Management

(IAHCSMM) examination.

Success in this exam is now a prerequisite to employment as a medical device reprocessing technician in Alberta, and ABES remains the only educational institution in Alberta to include the IAHCSMM designation during training.

All staff working in medical device reprocessing must be certified prior to April 2015; and ABES teachers and staff are best-equipped to prepare students for the examination.

For more information about this program, or ABES, visit abes.ca.

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– Susan Romero

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Spend One Day at U of Calgary

Climate change is just one of four major transformational processes in progress, dramatically changing the Arctic, and thereby inevitably altering the entire world.

If this is a topic that peaks your interest, you might want to spend Saturday, Jan. 16, immersed in a six-hour daytime class, learning from an expert at the University of Calgary.

The Great Melt: Geopolitics of the Changing Arctic is the first of a new series of One Day @ UCalgary courses.

Rob Huebert, an associate professor in the Department of Political Science, and an appointee to the Canadian Polar Commission teaches the course.

One Day @ UCalgary is a Continuing Education program designed to bring together university academics and the general community.

Everyone is welcome to participate in these single-day courses.

Other January topics include: Sport in Ancient Greece, taught by professor of

Greek and Roman studies Reyes Bertolin on the 23rd; and, Personality Psychology: The Science of Who We Are, taught by professor of psychology Kibeom Lee on the 30th.

February courses include: Metabolic CSI: What's in the Blood, taught on the 6th by

Beata Mickiewicz, a research associate in the Department of Biological Sciences; and, S'Blood, I'm speaking Shakespeare!?! presented on the 20th by accomplished performer, director and teacher Kevin McKendrick from the Drama Department.

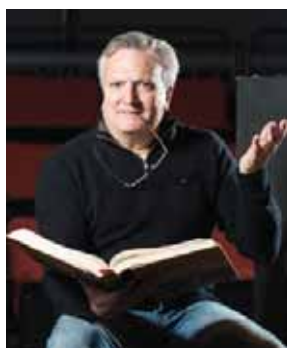
On March 5, plan to attend Schizophrenia: Truths and Myths, taught by associate professor of psychology Vina Goghari. On March 12, Technocreep: The Surrender of Privacy and the Capitalization of Intimacy is taught by professor and journalist, Tom Keenan;

and, on March 19, Your Everyday Presence is taught by performance instructor Mike Czuba.

Leonardo Da Vinci: A Man of Mystery is taught by Marina Fischer on April 9; and, Carpets and Textiles Close Up: Exploring Nickle Galleries' Collections is presented by gallery curator Michele Hardy on the 23rd.

The winter/spring series wraps up with Chronic Disease and Your Health presented May 7 by associate professor Patricia Doyle-Baker; and, Exploring the History of the University of Calgary on May 14 with UCalgary associate archivist Karen Buckley.

Learn more, or register for any of these courses, at conted.ucalgary.ca/oneday, or if you prefer to register by phone, call 403-220-2952.



Kevin McKendrick CONTRIBUTED



Leonardo Da Vinci: A Man of Mystery will be featured on April 9. ISTOCK



ALANA TRACHENKO

Get started on your resumé before launching a career

In a competitive job market, education is just one piece of the puzzle — experience is often just as important. Getting experience while still being a student can be challenging, but it's worth the effort to set yourself up for a potential job later.

"You gotta be creative," says career development specialist David Cataford from the University of Calgary. "You have to volunteer, you have to be proactive, you have to make connections."

Cataford says that social media is a good start to researching potential employers and

the people you'd like to connect with professionally, but it shouldn't stop there.

"I like old-fashioned: meeting people face to face," he says. "So send an email but follow up with a phone call and try to meet in person."

Cataford suggests scouting out events and places where you might be able to meet people from the industry and learning more about whatever it is you're pursuing. Doing research and getting familiar with your potential employers will help you make an informed decision when it comes time to take

a job.

He adds that if there's someone you'd like to meet who you think might give you some direction, reach out and ask them for coffee, but be courteous.

"If you're genuine about the way you approach these people, they'll help you out," he says. "But fit within their schedule. Everybody in Calgary is overworked with all the layoffs, so you have to be really patient and persistent."

And lastly, try to either work or volunteer in your field, even if it's only part-time.

"If a student wants to be a pharmacist, well OK, practise being a pharmacist, get a job at a pharmacy, go talk to a pharmacist," he says. "And if you can't get the job, volunteer. Maybe you can shadow."

— ALANA TRACHENKO

Accounting harnesses special skills

Have you always been a great number cruncher? An organizational whiz? Always the first one to have your taxes done?

In the current job market, accounting and payroll administration skills are in demand, providing one way for math-savvy job seekers to get into new and exciting careers.

The current job market for accounting and payroll administration professionals requires up-to-date skills, including comprehensive training in the Microsoft Office Suite, including Outlook, Word, Excel, Access, and PowerPoint, as well as specialized accounting software such as Sage 50.

Job seekers must be equally skilled with accounting concepts, including double entry bookkeeping, debits and credits, assets, liabilities, equities, journalizing transactions, posting of accounts to ledgers and preparing a trial balance.

The reward for your training? Valued and well-paid positions including accounting



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clerk, tax return preparer, payroll officer, and more.

The Accounting and Payroll Administration diploma program at CDI College provides students the up-to-date skills they'll need in their field.

Every student will learn to use the latest versions of computer programs they'll use every day in the workplace, alongside fundamental accounting and payroll concepts and skills.

Once the students have the knowledge and skills, they can jump into the practicum. Students are placed in actual work environments where they gain valuable, real-world experience that will help fast-track them to a career.

For more information, visit CDI College online at study.cdicollege.ca, or call 1-800-360-7186.

An education resolution

As 2016 begins, many Calgarians will be making their New Year's resolutions.

It's a great time to reflect on what you want to accomplish in the upcoming year, both personally and professionally.

At the top of every list is fitness and travel, but people should also consider adding education into the mix.

The economy might be in a downgrade, but there are still plenty of jobs available in Calgary.

An updated education can lead to great opportunities in your current workplace, or even open the door a new, exciting career.

Bow Valley College has noticed an 11 per cent increase in their enrolment figures this year as people flock back to school to upgrade their skills or change career direction.

"The College focuses on making our learners work-ready," says Anna Kae Todd, vice-president of Academic Studies at Bow Valley College.

"This means that our graduates have the training needed for that first day on the job, as well as the soft skills they need for an entire lifetime of contribution."

The College serves over 15,000 learners each year in programs such as business adminis-



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tration, health care, justice studies, human services, and creative technologies.

Their graduates are in high-demand throughout Calgary because they are work-ready, and they have the right skill set and training to adapt to changes in the workplace.

Within six months of graduation, 93 per cent of Bow Valley College grads are working within their field.

Many of the careers Bow Valley College focuses on are forecasted to grow, including careers in business, nursing, social services and police work.

For more information about the programs and courses available through Bow Valley College, visit www.bowvalleycollege.ca.

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Develop the leadership skills to succeed in a climate of increasing complexity with the Alberta Haskayne Executive MBA.

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University of Calgary Downtown Campus
906 - 8th Ave SW, 6th Floor

Register at: haskayne-emba.ca

Ranked among the **TOP 100 EXECUTIVE MBA PROGRAMS WORLDWIDE** by the *Financial Times*.



UNIVERSITY OF CALGARY
HASKAYNE SCHOOL OF BUSINESS

ABM offering scholarships to refugees

To help the Syrian refugees get on their feet and welcome them to their new home in Calgary, ABM College is offering educational scholarships to them.

ABM College will be providing \$100,000 worth of postsecondary funding towards various programs to Syrian refugees who want to study in Canada, and who are qualified to study at ABM College.

"The intention of the College is to train people to become productive citizens and to become fully integrated into Canadian society," says Dr. Baten, ABM College president and CEO.

Baten says education breeds confidence, which breeds hope and with this current humanitarian crisis, ABM believes that education is a powerful tool for newcomers.

Baten, who also came to Canada as a refugee himself, wants to help give back.

"We want our College to provide opportunities to help build a better future for those



Syrians arrive in Canada. THE CANADIAN PRESS

experiencing ongoing crisis," says Baten.

ABM College is one of the leading career-training institutions in Alberta and Ontario.

Throughout its history, ABM College has provided students with professional training, academic knowledge, and the right skill-set to find a job.

"We are proud that the vast majority of our graduates are employed within their field of study," says Baten.

"At ABM College, academic knowledge and practical exposure go hand-in-hand, and we ensure that our graduates are "job-ready" upon graduation."

For more information on courses ABM College courses/programs, call 403-719-4300, or visit www.abmcollege.com.

THE BUSINESS OF MAKING A LASTING IMPRESSION

When you meet someone, the impression they form about you within the first 10 to 15 seconds is crucial to the success of your relationship. This is particularly evident in the business world.

There's a growing recognition in business that businesspeople need a balance of hard skills and soft skills to make the right impression, create and maintain strong relationships, and get the job done well.

Business administration jobs require a solid skill set and deep knowledge of the software and skills required, whether you're looking to be employed in business or start your own enterprise as an entrepreneur.

Hard skills that have become the norm include the latest versions of administrative and accounting software such as Microsoft Office Suite and Simply Accounting.

Soft skills include social and organizational techniques that are crucial for disciplines including management, human resources, customer service, communications, marketing and sales.

With this wide range of skills you can



CONTRIBUTED

access an equally diverse range of jobs, including marketing assistant, bookkeeping assistant and office manager.

The Business Administration Management diploma program at Reeves College empowers students with a suite of up-to-date business skills and knowledge, and finishes with a comprehensive, practicum placement, where students practice their skills in a real-world work environment.

For more information on the Business Administration Management program at Reeves College, visit study.reevescollege.ca, or call 1-800-533-1457.

Career Services to help with your next step.

Whether you are a first-time job seeker or an experienced individual making a career change, our **Career Services** team is here to help you prepare for the job search process.

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Career Search Prep Sessions
Resume Development & Assessment
Mock Interviews & Coaching
and Access to 1000+ Employers in Health Care, Business & IT!



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RECIPE Kale Pesto Pizza



PHOTO: MARYA VISHNEV

Ceri Marsh & Laura Keogh
For Metro Canada



You've got leftover kale from yesterday's dinner, right? Can you think of anything better to do with it than pizza? We can't either!

Ready in

Prep time: 30 minutes

Serves 4

Ingredients

- 3/4 bunch kale, cleaned and tough stems removed
- 1/4 cup of chopped onion
- 2 cloves garlic, chopped
- 1 1/4 Tbsp extra virgin olive oil
- 1 package frozen whole wheat pizza dough
- 1/4 cup corn meal
- 1/2 cup ricotta cheese
- 1/2 cup fresh, shaved Parmesan cheese
- 2 Tbsp all-purpose flour
- drizzle of extra virgin olive oil

Directions

1. Preheat oven to 425 F.
2. In a large pan, heat oil over medium heat. Add garlic and onion and sauté until translucent, about 3 minutes. Add kale and stir. Cover and allow kale to wilt, about 6 to 8 minutes. Place everything in a food processor. Pulse until it becomes the texture of a fine pesto. Set aside.
3. Place the cornmeal on a flat surface and flour your rolling pin. Roll out the dough until it's about an inch thick. Place on a baking sheet or pizza stone. Brush oil onto dough. Spread the kale pesto evenly across the surface of the dough. Using a table-spoon, place dollops of ricotta randomly on the pie. Sprinkle with Parmesan cheese.
4. Place pizza stone or baking sheet in the oven. Cook for 10 to 12 minutes, or until crust is crispy and cheese is bubbling.

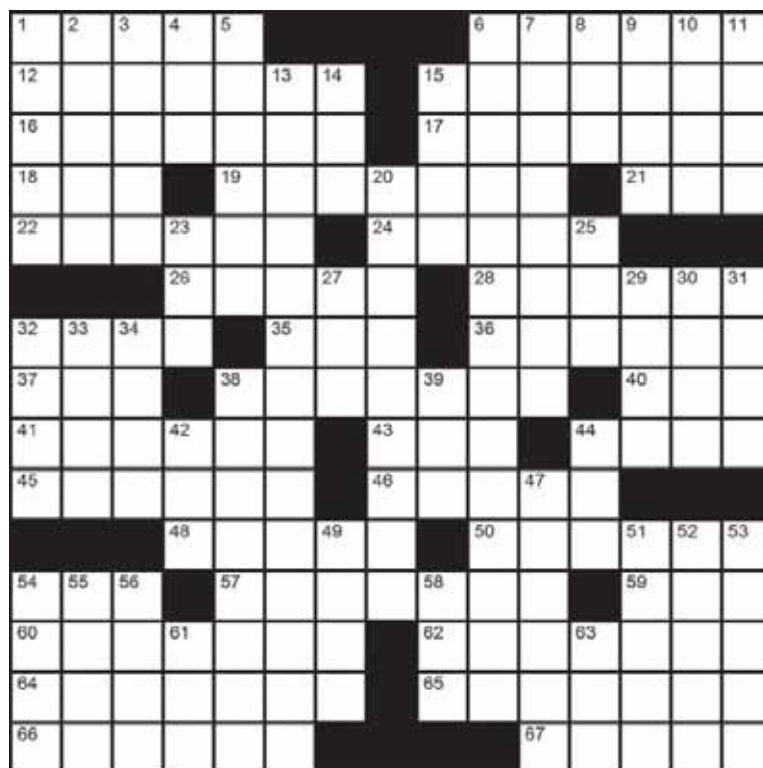
FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Skincare formula
6. Trumpet sound effect, when doubled
12. In proportion: 2 wds.
15. Aria performer
16. Sixth sense
17. Arno __, Canadian author of *The Oil Man and the Sea*: Navigating the Northern Gateway
18. "Why'd You __" by Colin James
19. Chair the conference call
21. Rested in the recliner
22. Subway station on the Sheppard Line in Toronto
24. Rand McNally publication
26. Is rife with
28. Shoot for the stars
32. Desert's climate
35. MS-__
36. Drew close
37. Canadian actor Mr. Carrou
38. French for 'ducks'
40. 'Human' suffix
41. Deceive
43. Fashionable dresser
44. Mr. Warhol
45. Delivers an off-the-cuff speech
46. Props for clarinets
48. Religious doctrine
50. Brought up
54. Movie studio area
57. Mr. Glover of movies
59. Corn unit
60. Momentous
62. Captive held for ransom
64. Cassava pudding
65. Preferably
66. Everett __ of "Citizen Kane" (1941)
67. Country singer LeAnn



dio area
57. Mr. Glover of movies
59. Corn unit
60. Momentous
62. Captive held for ransom
64. Cassava pudding

65. Preferably
66. Everett __ of "Citizen Kane" (1941)
67. Country singer LeAnn

DOWN

1. Tumble
2. Mr. Coombs of

"Mr. Dressup"
3. Romantic flowers
4. Mr. Geller
5. Chattering bird
6. Prehistoric time in Canada noted for the emergence of pottery: 2 wds.

7. Placates
8. Charlemagne's li'l domain
9. WWII-era service-women
10. "Diana" singer Paul
11. Country singer Mr. Axton

13. "Painkiller" and "I Am Machine" are hits off this Canadian hard rock band's current album 'Human': 3 wds.
14. 'Deterior' suffix
15. Showbiz routine
20. Tree known for its aromatic bark/roots
23. Company name abbr.
25. Locale of leisure
27. Work week starter [abbr.]
29. It's pumped at gyms
30. Actress Tara
31. Guitarist Duane
32. Dawn love song
33. Marsh plant
34. IOC part [abbr.]
38. Gemstone that is polished but not faceted
39. __ v. Wade
42. Empty
44. __ matter of fact...
47. More crowded/thick
49. Ms. Kunis
51. Kingdom
52. Bird of Jove
53. Squirrel nests
54. Net balls
55. Iridescent gem
56. __ Gigio (Mouse puppet of classic TV)
58. Greek alphabet's 21st letter
61. Spy org.
63. Skater Ms. Babilonia

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Cosmic activity in the area of your chart that rules your vocation is urging you to aim higher. Don't let the critics and cynics hold you back by undermining your confidence.

Taurus April 21 - May 21
You seem reluctant to voice your opinion, even though you have something of value to say. Overcome your doubts and express yourself in a way that everyone can understand.

Gemini May 22 - June 21
It may seem as if someone you work or do business with has been cheating you but the planets warn you can't trust your senses, so don't say or do anything, at least not until you can see things a little more clearly.

Cancer June 22 - July 23
You won't have trouble persuading others to back your ideas but you may have some trouble later on if they don't work out as expected. Don't make promises you can't keep.

Leo July 24 - Aug. 23
A habit is holding you back and you're desperate to get rid of it. But in getting rid of one bad habit you could so easily replace it with another that is ten times worse.

Virgo Aug. 24 - Sept. 23
It may be fun pointing out the inadequacies of people in positions of authority but be careful. The last thing you need is to create enemies of those who have the power to make things difficult for you.

Libra Sept. 24 - Oct. 23
Don't take what you're told at face value today — check the facts for yourself. What others say may sound convincing but you're only being told part of the story.

Scorpio Oct. 24 - Nov. 22
You may be resentful that changes are being imposed but there is no point making a fuss about it. Go with the flow. You will get the chance to change things back again later on.

Sagittarius Nov. 23 - Dec. 21
Resist the temptation to embellish facts or deceive people today. It may seem like the easy thing to do but in the long-term you are sure to regret it. You have a well-deserved reputation for honesty — don't lose it.

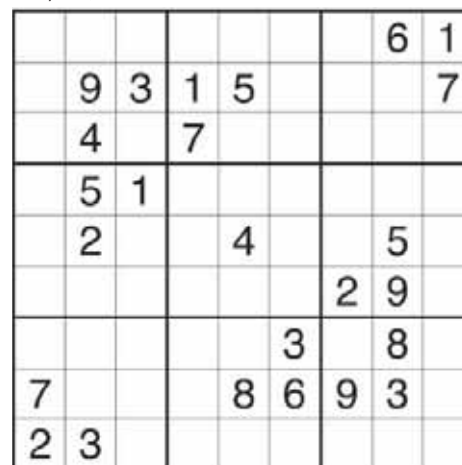
Capricorn Dec. 22 - Jan. 20
You may be inclined to rely on your intuition today but the planets warn against it. Stick to the facts and, where relationships are concerned, err on the side of caution.

Aquarius Jan. 21 - Feb. 19
Reel in your fears. Take your mind off your worries by focusing on the things you have to be thankful for. By the time you get through them the day will be over — and tomorrow will be more to your liking.

Pisces Feb. 20 - March 20
Don't take friends for granted. Those who think highly of you will help out, but if they find out you've been playing mind games they won't be happy.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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PARTICIPANTS NEEDED: YOUTH AND YOUNG ADULT MENTAL HEALTH STUDY

- Are you aged between 12 and 30? Experiencing **distress or mood changes**? OR
- Concerned about recent changes in your **thoughts, behavior or experiences**? OR
- Have a **family history** of mental illness?

403.210.8740 or naps@ucalgary.ca

This study has been approved by the Conjoint Health Research Ethics board Ethics ID: REB14-1710



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